

HALIFAX metro®



Halifax police hunt for sexual assault suspects

RCMP say woman attacked by two men in Lower Sackville **PAGE 4**

N.S. Health launches flu shot campaign

Most 'safe ... effective way to prevent the flu,' minister says **PAGE 5**

Winnipeg discovery 'tragic beyond belief'

Remains of dead babies found in storage locker, police say **PAGE 11**

GET 'MADE IN MOVEMBER'

NEW INITIATIVE AIMS TO ADDRESS MEN'S MENTAL HEALTH IN POST-SECONDARY SETTINGS **PAGE 7**



'TRYING TO RECONNECT'

Iain Stewart, left, and Jane Spidell run through a scene from Neptune Theatre's production of Mending Fences, on Tuesday at Fountain Hall. See story on page 6. JEFF HARPER/METRO

Council debates tax hikes, cap on property tax

'Some risks' Council approves potential increase in tax bills, argue over merits of property assessment cap

Currently capped

\$4.5B

The value of HRM's assessment roll

The city's budget planning process got underway with an animated discussion about something that HRM can't change, and about which it has not expressed an official position.

Senior staff gave regional council's committee of the whole an overview of municipal finances Tuesday, asking for approval of preliminary budget targets and tax rates.

"We're in good financial shape. The planning we've been doing has been working, but there are some risks on the horizon," said CFO Greg Keefe.

Senior financial manager Bruce Fisher said staff will assume an increase to the average residential tax bill of 1.8 per cent, which will mean a drop in the municipal tax rate.

Projections show a deficit of \$13 million, but Fisher said the budget will be balanced. "We know we have some softness in some of the numbers, so we're not particularly panicked — but we know we have our work cut out for us, too," he said.

Councillors applauded the overall financial good health, but spent a fair amount of time arguing the merits of the property assessment cap.

"My neighbour bought their house five years after me and their taxes are substantially higher than mine for exactly the same house," said Coun. Wayne Mason. "I think that's fundamentally unfair."

Keefe and Fisher said removing the cap could drop the tax rate by 10 to 12 cents and still be revenue neutral.

The prospect of a lower tax rate and an increase in the assessment roll of \$4.5 billion didn't sway supporters of the cap. "Prior to the establishment of the cap, some homes were going up 50 per cent, 100 per cent, 200 per cent," said Coun. Linda Mosher.

Removing the cap would be up to the provincial government, and Keefe said that while HRM hasn't made that request, the Union of Nova Scotia Municipalities has.

RUTH DAVENPORT/METRO



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Halifax council does away with increased insurance for patios

'A huge cost.' Speakers at public hearing say increases in fees, insurance, potential inspection delays could be too much for some restaurant owners



RUTH DAVENPORT
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Just three people showed up for the public hearing on HRM's proposed patio bylaw, but they succeeded in getting their top complaint addressed.

The three speakers each started their comments to council Tuesday evening with a request to eliminate the required \$3 million insurance on a patio where alcohol is served.

"That's a huge cost ... more sales are going to have to generate in order to pay for that," said Gord Stewart, executive director of the Restaurant Association of Nova Scotia.

Paul MacKinnon of the

Patio season

Nov. 15

The new end of the patio season, thanks to a council amendment to push the date back from Oct. 31

Downtown Halifax Business Commission and Karla Nicholson of the Quinpool Road Business Association echoed Stewart's concern.

After quizzing city solicitor John Traves extensively about the potential risk to the city, council voted to keep the insurance requirement at \$2 million.

"There may be some risk to the municipality, which is ultimately the taxpayer, but I don't think the risk is that great," said Coun. Bill Karsten. "And if it makes a difference to ... one business making it over that season, I think we have to give that opportunity."

MacKinnon also suggested scaling back the requirement for an inspection before opening the patio, asking whether the city had enough inspectors



A couple browse a menu near an empty patio on Argyle Street last month. METRO FILE

to handle a rush of permit applications.

"There are bound to be instances where a cafe has been installed but the inspector can't get to see them immediately," said MacKinnon. "Restaurants live and die by these

cafes. An owner on Argyle Street told me that 60 per cent of their entire sales come from the cafe season."

HRM manager of license standards Andrea MacDonald told council there are 12 inspectors on hand who will be

able to respond to an influx of calls in a timely manner.

The speakers also raised concerns about the new flat fee structure, which will be addressed in a supplementary staff report examining a tiered fee structure.

HRM staff to investigate lighthouse fund

Regional councillors have approved a motion to consider setting up a municipal fund dedicated to lighthouse repair and maintenance, though several councillors said they were supporting the motion reluctantly.

Coun. Stephen Adams asked for a staff report on the possibility of a two-year, \$1 million fund to support community organizations seeking

Heritage designation

15

The number of surplus lighthouses in HRM nominated for heritage designation by community groups.

to take over lighthouses that the federal government has declared surplus.

"The report itself will address the viability of establishing a fund, and it may say it's outside the realm of HRM and we can't do it," said Adams. "But it's more so to coordinate the groups and what grants may be available, both in HRM and the province."

Several councillors balked at the idea of attaching a dollar figure to the motion, and Adams agreed to remove it.

Even then, some councillors questioned the merits of the exercise.

"I still hesitate to do this because I feel that we are asking staff to do something that is going to take some time and resources outside of our core mandate," said Coun. Wayne Mason.

Two community groups in HRM have already submitted business plans to the federal

government to take over lighthouses — Friends of Paddy's Head Lighthouse Society for the Indian Harbour light, and the Terence Bay Lighthouse Committee for Terence Bay. The province has also submitted a business plan for the Peggy's Cove lighthouse, and the Waterfront Development Corporation for the George's Island lighthouse.

RUTH DAVENPORT/METRO

1 NEWS



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Woman sexually assaulted on Lower Sackville pathway

RCMP on hunt for two men. Attack took place near Kinsmen Community Centre

KRISTEN LIPSCOMB
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Mounties were still on the lookout Tuesday evening for two men suspected

of sexually assaulting a woman on a pathway in Lower Sackville during the early morning hours.

Halifax RCMP spokesman Cpl. Greg Church said police "received a report that a 37-year-old female had been sexually assaulted" at about 6:30 a.m. on Tuesday.

He said the assault took place on a path that runs nearby the Kinsmen Community Centre, located on

First Lake Drive, and Sackville High School, which is on King Fisher Way.

"An investigation commenced immediately," Cpl. Church said. "Although preliminary at this time, police believe two male assailants are suspect."

As of late Tuesday, the police spokesman couldn't provide suspect descriptions, but said the two men were believed to be driving

a dark-coloured, two-door car.

"The victim indicated the car was parked at the Kinsmen Centre," Cpl. Church said.

He also couldn't confirm the nature or extent of the sexual assault as of late Tuesday.

The sexual assault investigation team is continuing with the case, Cpl. Church said.



RCMP say the sexual assault victim is a 37-year-old woman. METRO FILE



They predict a riot: Halifax Regional Police practise their crowd-control skills

Members of the Halifax Regional Police Public Safety Unit run through some training exercises at the Nova Scotia Firefighters School on Tuesday in Waverley. The unit was established in 1997 and specializes in crowd control for large scale events and demonstrations. JEFF HARPER/METRO

Crash. Cop justified in trying to stop motorcyclist who ran stop sign: SIRT

Nova Scotia's police watchdog says a Halifax police officer was justified in trying to stop a motorcyclist who went through a stop sign, hit a car and crashed into a power pole.

The Serious Incident Response Team was called in after the 27-year-old man broke his lower right arm in the crash shortly before 11 a.m. in Dartmouth on June 9.

The investigative unit says

the officer turned on his emergency equipment after seeing the man drive through the stop sign and speed away. Several seconds later, the motorcycle crashed.

The SIRT says the car driver and another civilian witness supported the officer's statements about what happened and the motorcyclist acknowledged his responsibility for the crash. **THE CANADIAN PRESS**

Chris d'Entremont. Ferry debate leads to ejection for PC house leader

The Progressive Conservative house leader in Nova Scotia was ejected from question period Tuesday following a heated debate over the ferry service from Yarmouth to Portland, Maine.

Chris d'Entremont, whose riding borders Yarmouth, asked whether the government signed a bad deal for taxpayers with Nova Star Cruises. Premier Stephen McNeil

then accused d'Entremont of abandoning the idea of such a ferry service.

D'Entremont took exception and began shouting back at McNeil while the premier was trying to answer his question.

Speaker Kevin Murphy warned d'Entremont to stop but when he didn't, he was asked to leave the legislature. **THE CANADIAN PRESS**

Hold and secure. Medical emergency at Sackville High School

Sackville High School went into a hold-and-secure situation Tuesday morning when a student needed medical attention, says a Halifax Regional School Board (HRSB) spokesman.

Gary Adams said the high school on King Fisher Way in Lower Sackville went into a hold and secure, where kids were kept in their classrooms so the

hallways were clear "for a few moments."

Adams said that allowed the ambulance to pull up and take care of the student, who was having a medical emergency, before going on their way.

"That all went very quick and smooth, and they just needed to get the student out," Adams said.

HALEY RYAN/METRO

It's the season to roll up your sleeve and get that flu shot

Health. Nova Scotia government launches annual campaign

STEPHANIE TAYLOR

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Nova Scotia's Health and Wellness Minister Leo Glavine rolled up his sleeve Tuesday morning, not for any political knockouts, but for a flu shot.

The minister, together with department staff and health care workers the IWK Health Centre, announced the provincial launch of the annual flu shot and immunization campaign.

"Nothing is more important to Nova Scotians than their health and the health of their loved ones," Glavine told the crowd in his open-



A registered health nurse gives Leo Glavine, Nova Scotia's Health and Wellness minister, a flu shot after he announces the annual launch of the provincial flu shot and immunization campaign. STEPHANIE TAYLOR/FOR METRO

ing remarks, emphasizing the flu shot as the most "safe, simple, and effective way to prevent the flu."

Dr. Frank Atherton, the province's deputy chief pub-

In numbers

42%

Last year, 42 per cent of Nova Scotians got a flu shot.

lic health officer, also spoke at the event and warned that the flu "is a very real threat to Nova Scotians."

He explained that between two and 10 people die each year from the flu in the province.

"It's important that people think about getting their flu shot before the peak of the season," he said, naming January and February as the worst times of the year for the illness. "We're really encouraging everyone this year before Christmas if at all possible."

Elaine Homes, director of

communicable disease prevention control with the department of health and wellness, said afterwards that the province has ordered 470,000 dosages of flu vaccine in preparation for this year's flu season — the most in its history.

Although speakers at Tuesday's event said all Nova Scotians should roll up their sleeve for a shot regardless of medical history or age, pregnant women in particular should consider being vaccinated.

Michelle Drew, the hospital's director of women's and newborn health, said there has been a "low uptake" of expectant moms choosing to get flu shots in recent years, and warned that pregnant women who fall ill to the flu will experience a number of increased health risks, such as a premature birth and hospitalization.

Stormy weather on its way

Nova Scotia is set to have rainy, "blustery" weather from Wednesday until Friday night, according to an Environment Canada meteorologist.

On Tuesday, Tracey Talbot said a low-pressure system was tracking very slowly from the Great Lakes up through the eastern U.S., and was expected to intensify on Wednesday and stick around the southwest tip of Nova Scotia.

"It's just going to sit there for a while," Talbot said. "It's going to tap into a lot of moisture over the ocean, and it will bring us some rain pretty steady for the next three days."

Talbot said the system will likely bring winds gusting to about 60 kilometres an hour, and 50 to 75 millimetres of rain until Friday night into Saturday.



Nova Scotia is set to have rainy, "blustery" weather from Wednesday until Friday night. METRO FILE

"It's going to be blustery," Talbot said.

The brunt of the rainstorm will hit western and possibly central Nova Scotia, Talbot said, before moving on to New Brunswick and the rest of the Maritimes. Environment Canada issued a heavy rainfall warning for southern

parts of the province around 4 p.m. Tuesday, predicting rain to begin overnight. "Embedded" thundershowers could also cause local downpours.

Lunenburg, Queens, Shelburne and Yarmouth counties had heavy rainfall warnings by Tuesday evening.

HALEY RYAN/METRO

Arctic patrol ships

Premier confident Irving will deliver ships for Ottawa

Nova Scotia Premier Stephen McNeil says he is confident Irving Shipbuilding will build the number of Arctic patrol

ships Ottawa has proposed.

McNeil says he has been told the company is on track to proceed, but his government will seek clarification after a report by The Canadian Press said Ottawa will scale back on its original plan to buy between six and eight Arctic offshore patrol vessels.

Sources said the new plan is to buy five light icebreakers with an option for a sixth.

The deadline to sign a deal to begin constructing the vessels is the end of the year.

The Irving shipyard in Halifax was selected in 2011 to build the ships.

THE CANADIAN PRESS

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How about 'a slice of life'?

Play. Neptune Theatre to premiere *Mending Fences* Friday, telling the tale of a difficult father-son relationship

STEPHANIE
TAYLOR

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An estranged father and son will duke it out on the Neptune Theatre stage in an attempt to patch up a broken relationship, in the upcoming play *Mending Fences*.

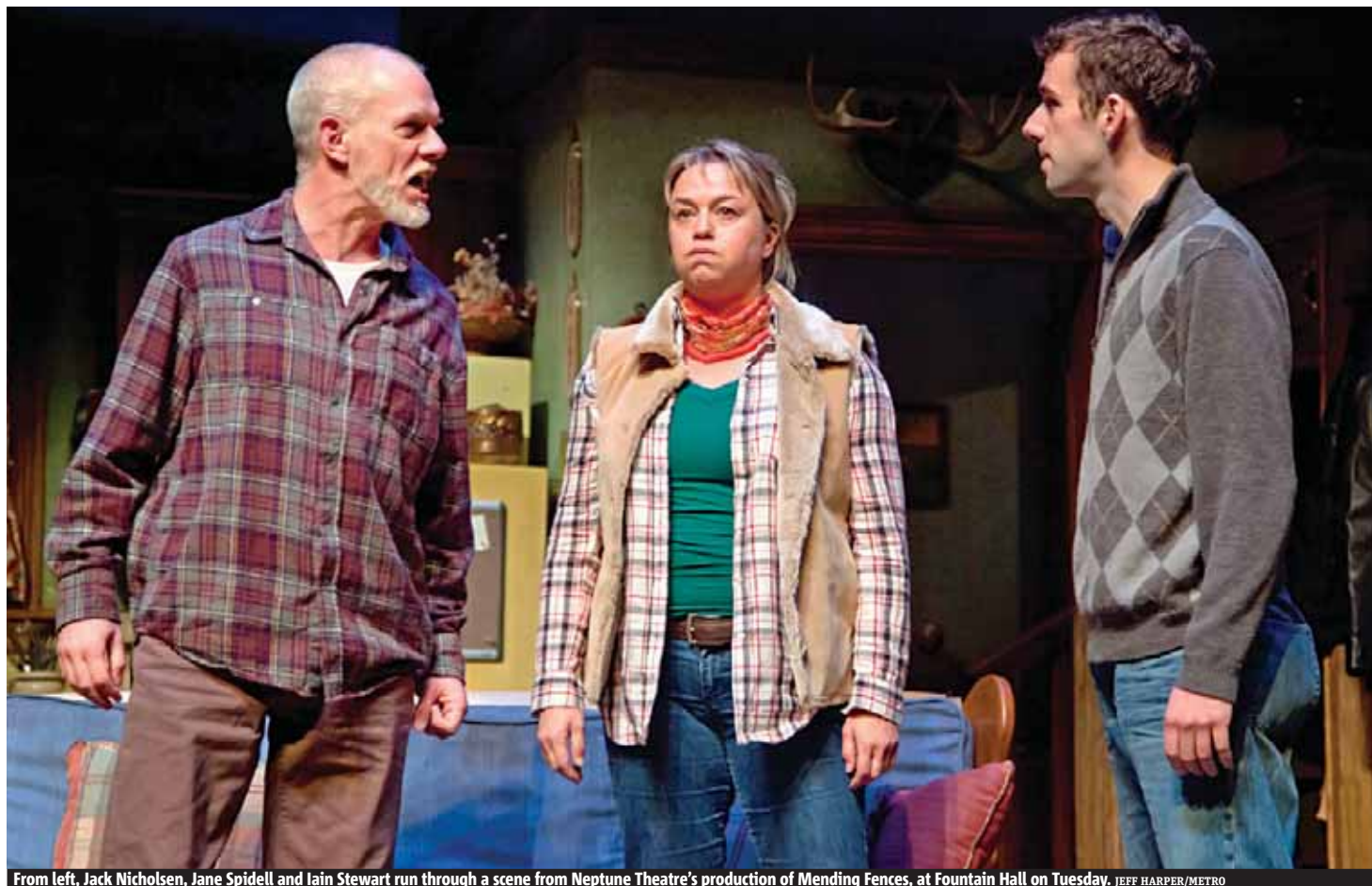
Written by Canadian playwright Norm Foster, the play tells the story of Harry, a Saskatchewan rancher, and his son Daniel, who are reunited at the family's Prairie farmhouse after being separated for 13 years.

The play, premieres Friday. It's the second show of the theatre's 52nd season.

"It's a play about trying to reconnect," actor Jane Spidell explained Tuesday afternoon, sitting in one of the rows of the theatre's Fountain Hall auditorium. A newcomer to both Halifax and the Neptune stage, she plays a number of different leading ladies to Harry and Daniel — characters, she says, who define a major part of the dysfunctional relationship between the father and son.

Details

Mending Fences opens Friday night and runs until Nov. 9. For more ticket and schedule information, go to neptunetheatre.com.



From left, Jack Nicholson, Jane Spidell and Iain Stewart run through a scene from Neptune Theatre's production of *Mending Fences*, at Fountain Hall on Tuesday. JEFF HARPER/METRO

"The characters are fun to play and very well-drawn," Spidell said, explaining that preparing for her role felt much like trying to move herself out of the way as much as possible to allow for the story's characters to truly come to life.

Spidell says the story is both "poignant" and "real," and believes it will take

audiences on a journey through laughter, but also through some darker moments.

"There are many sections of it that feel very much life-like," she said.

The play is directed by Miles Potter, who calls himself "an experienced Norm Foster director" after spending much of his 40 year ca-

reer producing a number of works from the prolific playwright. He says that Foster's stories are deeply character-driven and showcase the drama that unfolds when people are forced to cope with their past and relationships in unusual, and often uncomfortable, situations.

He believes this play is

no exception.

"(The story) is about our inability to communicate our feelings, and how our egos get in the way of saying how we really feel," he said Tuesday.

"That kind of miscommunication can be very comic, and it also can be very tragic."

For both actor and direc-

tor, the play offered them a number of insights into the messy and oftentimes hilarious dimension of human relationships, which they say audiences will have to see for themselves to experience.

"When you come watch a Norm Foster play, you will often feel like you're seeing a slice of life," Potter said.

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Movember brings mental health awareness to Dalhousie campus

Caring Campus Project. Moustache-growing initiative aims to address men's mental health in post-secondary settings

Pete Bombaci knows how to rock a moustache.

He better, considering he's the face of Movember Canada, and has been touring the country to kick-off this year's campaign promoting men's health "in style."

"Everything we do is about getting more people to register at Movember.com, grow their moustaches and help create conversations," Bombaci said Tuesday at Dalhousie University, as students hurried by, some stealing glances at the man, his facial hair and the "Made in Movember" T-shirt



Pete Bombaci, Country Director of Movember Canada, poses for a photo while in town at Dalhousie University on Tuesday. JEFF HARPER/METRO

under his suit jacket.

Bombaci, country director for Movember, stopped by the Halifax school to meet with

psychiatry department head Dr. Michael Teehan and students leading the Caring Campus Project, a new initiative to deal with

men's mental health issues in post-secondary settings.

Originally focused on prostate and testicular cancer

fundraising, Movember has expanded to encompass men's health as a whole. Mental health "is an area of focus that for many years has been something we can do a better job at supporting," Bombaci said.

So with the help of a \$1.7 million grant, Dalhousie is one of three schools rolling out the unique project this November — er, Movember — encouraging male peers on campus to tackle subjects such as substance abuse. Also taking part are Queen's University in Kingston, Ont., and the University of Calgary.

"The real core of the program ... is to have second-year students to be basically speaking to their first-year counterparts and saying, 'Hey, here's what I learned in my first year,'" Bombaci explained. "We all have good days and bad days; here are some other ways to cope."

Jeremy Austin-Evelyn, 22,

is this year's team captain of the Rowe Mo Bros and Sistas, a group of Dalhousie business students who band together annually for Movember. He thinks the campaign expanding to include both physical and mental health is "very innovative."

"Prostate cancer, testicular cancer, mental health — they all affect men, they all affect women," he said Tuesday. "Having some sort of framework ... in place like the Caring Campus Project will really be conducive for (addressing mental health) ... and trying to build relationships."

Post-secondary students are the biggest group of Movember Canada supporters, referred to as Big Mo On Campus.

Last year, Dalhousie University students collected the most money per capita, raising \$93,566 and winning a campus visit from Canadian astronaut Col. Chris Hadfield.

KRISTEN LIPSCOMBE/METRO

City to consult public about plans for off-leash dog park

Regional councillors voted unanimously in favour of moving ahead with public consultation on a new off-leash dog park on the Mainland Common.

City staff proposed the grassy, partially-fenced field next to the all-weather field as a suitable alternative when the Africville off-leash park is decommissioned.

The field would be prepared under a two-step process, with the grass field ready for use by the council-imposed deadline of the end

of the year, and improvements made to the adjacent forested stand in spring of 2015.

City staff will now begin public consultations to get feedback on the site suitability and any other improvements that it may need.

A broad-based review of HRM's entire off-leash strategy is also underway, and several councillors said they hoped it would lead to more off-leash fenced-in dog parks.

RUTH DAVENPORT/METRO



Dogs run through a park in Africville, a national historic site, on Saturday, July 12, 2014. THE CANADIAN PRESS

Sobey's shoplifter

Man arrested after trying to board bus with cartful of stolen groceries

Halifax Regional Police have arrested and charged a man after he attempted to board a Metro Transit bus with a cart full of stolen groceries.

Police spokesperson Const. Pierre Bourdages said officers received a call from a Sobey's on Lacewood Drive

on Tuesday at 12:26 p.m., after a male shoplifter left the store with a cart loaded with stolen groceries.

He said the man pushed the cart down Willett Street, before he was arrested by officers when he tried to board a Halifax Transit Bus.

Bourdages explained that for police, shoplifting is a daily occurrence, but called this case "unusual."

"It's not everyday we see someone with a large amount of stolen groceries

trying to board the bus," he said Tuesday afternoon.

Bourdages explained that officers followed the proper shoplifting protocol by taking the suspect back to the store for identification after he was arrested.

The man has since been released from police custody, and has been charged with theft under \$5,000 and possession of stolen goods under \$5,000.

He is set to appear in court at a later date.

STEPHANIE TAYLOR/METRO

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Ballot secrecy needs tightening: Province's chief electoral officer

Breach of Elections Act? Social media is tool to engage voters, argues consultant

When a man posted a photo of his marked vote in Nova Scotia's election on social media, that prompted the province's elections agency to call for legislative amendments to strengthen ballot secrecy provisions.

Nova Scotia's chief electoral officer said Tuesday the posting represents a breach of the province's Elections Act, adding that a fundamental principle of free elections — the secret ballot — is also challenged.

But Richard Temporale said a review of the case, after it was investigated by the RCMP, concluded there wasn't a likelihood of conviction.

Temporale did not identify the man in the case, but Parker

Donham, a communications consultant and political blogger, said Temporale told him Tuesday that he would not be charged.

Donham posted a picture of his ballot cast in an advance poll in last year's provincial election to Twitter, Instagram and Facebook. The Elections Act says nobody in a polling station during voting hours can use a recording or communication device with the exception of election officers.

Donham said he didn't violate the act because it doesn't clearly state that cameras are not allowed. He also said he was exercising his freedom of speech as guaranteed by the charter. "At its heart what I did was an act of political speech," he said.

Dana Doiron, a spokesman for Elections Nova Scotia, said legislation needs to be changed to make explicit that the use of cameras of any kind is illegal.

"It's important that cameras not be used to take picture of

ballots ... because this would provide proof of how people voted which leads to potential of coercion and bribery," he said.

Doiron said there is similar legislation across Canada both federally and provincially.

Donham disagrees with Doiron's position, saying the true risk to democracy is disinterest from younger voters. "How might you engage younger voters? With social media and things like selfies," he said.

"Elections Nova Scotia needs to dial its clock forward about a half a century and realize the impediments we're facing today are completely different from the ones faced when the act was written."

THE CANADIAN PRESS

Snap happy?

Parker Donham said if the act is changed, he may post his vote again on social media.



A man exits a polling station at Oxford School. METRO FILE

N.S. school bus safety campaign desperately needed: Driver



Kids board a school bus. METRO FILE

Nova Scotia has launched a new campaign to increase awareness around school bus safety to drivers around the province.

The initiative is a part of the annual School Bus Safety Week, which launched Monday and runs until Friday. The campaign aims to remind drivers that it is illegal to pass a school bus when its stop signs are out and its red lights are flashing.

Traffic rules state that vehicles cannot travel in either

direction of a school bus until all the children are completely off the street, and a bus's stopped signs have been lifted.

Bill Weatherbee, who is a school bus driver from Eastern Shore, described that he feels "helpless" when cars speed by as he watches children leave his bus, and believes the province's new safety campaign is much needed.

According to a community safety manager for Safety Services Nova Scotia and lead organizer of the campaign, near-

Quoted

"No one wants to be in the driver seat when one of your kids gets hit."

School bus driver Bill Weatherbee

ly 80,000 children travel by bus to school on a daily basis.

Education is a key component of creating safer bus rides, one organizer said.

The week-long campaign includes increased municipal

police and RCMP presence in an attempt to crack down on drivers who break the law. Officers are also distributing nearly 50,000 information packages, warning drivers about the dangers of illegally passing school buses.

One of the long-term efforts to increase school bus safety is the installation of high-definition cameras on school buses, which can help police and RCMP to identify the identity of the drivers who violate school bus laws. CAPE BRETON POST



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Diane Longard hugs Constable Matt Stewart at the Shelburne RCMP detachment. SHELburne COAST GUARD/CONTRIBUTED

Cop scares away online scammer

Protecting and serving.

After an attempt to sell a boat on Kijiji turns threatening, officer gets involved, is rewarded with hugs and thanks

What seemed to be a simple sale turned into a scary situation for a Nova Scotia couple last week as they became entangled in a scam.

Diane Longard and her husband Isaac were attempting to sell their 22-foot cabin cruiser on Kijiji, when the Shelburne woman was contacted by someone who claimed to be a buyer.

He agreed to pay the \$10,500 asking price and would wire transfer the money into their bank account, she said.

Longard, who suffers from multiple sclerosis, and her husband, who has health issues

Quoted

"Police don't get thanked enough."

Diane Longard

of his own, wanted to sell the boat to help purchase a better-equipped boat, which they did.

After giving the buyer their banking information, he sent out a wire transfer that was \$900 more than the asking price, then asked them to send the \$900 back to him through Western Union.

"He was slick," said Longard. "It was weird but plausible."

They contacted their bank and a lawyer — both said the funds would likely never arrive. To be safe, the bank put a hold on their accounts, leaving them with a few dollars and two boats.

Longard contacted the Shelburne RCMP, who put them through to its fraud section. When the couple refused to

send money, the buyer turned threatening.

"I swear I am going to make you pay for this if it gonna cost the both of you life," wrote the buyer in the email.

He began swearing at them and calling them on the phone, threatening to shoot them.

Longard again contacted the Shelburne RCMP, who decided to call the scammer directly. The Longards haven't heard from the scammer.

They want to meet with Const. Stewart with a small token of coffee and treats for his help.

"I wanted to let him know how much we appreciated and needed his help ...it's the only proper thing to do," Longard said. SHELburne COAST GUARD

University town complains of being overrun by rowdy parties

Nancy Tregunno says she has been woken up so many nights this fall, she said she's beginning to feel like she has post-traumatic stress disorder.

"I have not had one good week's sleep this fall," she told a meeting of downtown core Wolfville residents on Monday night. "It's beginning to affect everything in my life."

Jean Timpa brought a half-empty rum bottle she found on her lawn to the session organized by town Coun. Wendy Donovan and handed it over to RCMP Insp. Chris

Quoted

"Someone is going to get hurt."

Insp. Chris MacNaughton

MacNaughton.

Describing young adults urinating on her front lawn in broad daylight, Jane Lutes called for an improved code of conduct for Acadia University students.

Two local landlords, Thomas Voss and Maxine McCuaig, called for all landlords to act

more responsibly and communicate openly.

"Young people are starting to push over the line. Someone is going to get hurt," MacNaughton said.

"We are going to be persistent and do our job as police," she promised. "Please put your trust in us and be very proactive."

MacNaughton declared a new policing strategy will start rolling out later this week that will counter house parties with more aggression.

KINGS COUNTY REGISTER



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Attack on two soldiers linked to 'terrorist ideology': Minister

Quebec. Police say act was deliberate and that one of the two soldiers was in uniform

Police say a car was driven deliberately into two soldiers, killing one of them in what Public Safety Minister Steven Blaney called an act of violence against Canada that was "clearly linked" to terrorist ideology.

Blaney said Tuesday that

'Vicious event,' says PM

"This was a despicable act of violence that strikes against ... our very values as a civilized democracy."

Prime Minister Stephen Harper



Journalists at the site where cops shot and killed a man who ran down two pedestrian soldiers, only one was in uniform, said Lt. Guy Lapointe. THE CANADIAN PRESS

Canada is taking terrorist threats seriously, adding he was "horrified and saddened" by Monday's incident in

Saint-Jean-sur-Richelieu, Que. "What took place yesterday is clearly linked to terrorist ideology," he told a news

conference. The soldier who was killed has been identified as Patrice Vincent, a 53-year-old warrant officer. Prime

Minister Stephen Harper praised Vincent as a 28-year veteran who served with distinction. THE CANADIAN PRESS

Homegrown radicals

CSIS to be given more powers

As investigators piece together the attack on two Canadian soldiers in Quebec, a parallel political dimension is playing out. The Conservative government is poised to introduce legislation that would give Canada's spy service more powers, saying the Quebec assault underscores the danger of homegrown radicalism.

RCMP Commissioner Bob Paulson confirmed the man was one of 90 suspected extremists about whom the RCMP was concerned.

THE CANADIAN PRESS

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Winnipeg police uncover remains of up to four dead infants in storage locker

Police investigating.

Autopsies must be conducted before deaths can be deemed homicides: Officer

Police say the discovery of as many as four dead infants in a storage locker is tragic, but it was not yet clear Tuesday if the deaths were homicides.

Const. Eric Hofley said concerned employees at the storage locker company in northwest Winnipeg called police Monday afternoon. Once inside, he said, officers found what appeared to be the remains of the babies.

It's not clear how the infants died, how old they were or even if they were full term, Hofley told a news conference. But the victims appeared to be "very, very young" and could be newborns.

Autopsies were being conducted. The discovery is being



Company security staff walk past storage lockers in Winnipeg on Tuesday. JOHN WOODS/THE CANADIAN PRESS

investigated by the child abuse unit and the homicide detectives are being kept apprised of the investigation, Hofley said.

Police were talking to a few people, but the remains don't appear to be linked to any infants that have been reported missing, he added.

"It's suspicious. Until autopsies have been completed, whether it is found that someone has deliberately caused the death of one or all of these infants, that remains to be seen. It's just too early in the investigation to say exactly what's transpired here."

Razmin Mansoub, president of U-Haul Company of Central Canada, said the remains were found by employees.

"U-Haul team members made a disturbing discovery when taking inventory of a delinquent storage locker on Monday," Mansoub said in

an emailed statement. "They immediately contacted law enforcement, who believed the locker contained human remains."

Police are remaining tight-lipped for now because they don't want to do anything to jeopardize an investigation

Quoted

"This incident (is) tragic beyond belief and leaves many questions unanswered at this time."

Const. Eric Hofley

who said investigators do not know if the infants' deaths were caused deliberately and are waiting for autopsies to be completed.

that is not yet 24 hours old, Hofley said.

Even if the deaths were not a result of foul play, charges could still be laid, Hofley said.

"Obviously, you're not allowed to store, to conceal human remains. That, in itself, would be a charge. Until such time that the autopsies have determined what exactly was the cause of this, we won't know what the full extent of the charges may or may not be."

An update on the investigation was expected Wednesday.

THE CANADIAN PRESS



Canadian Hornets depart to combat ISIS abroad

Military personnel guide a CF-18 Hornet into position at the CFB Cold Lake, in Cold Lake, Alta., on Tuesday. The Canadian CF-18 Hornets are making their way to Kuwait to join the fight against the Islamic State of Iraq and al-Sham, also known as ISIS. JASON FRANSON/THE CANADIAN PRESS

Muzzled scientists

Over 800 foreign scientists sign open letter decrying Harper

More than 800 scientists from around the world have signed an open letter to Prime Minister Stephen Harper decrying what they call a rapid decline in fund-

ing and freedoms faced by Canadian government scientists.

"Earth to Canada: Science Needs You," says the headline over the letter that was published as an ad in the Ottawa Citizen newspaper.

They say complex environmental and public health problems require the full participation of scientists from around the world, but

Canadian scientists are missing in action due to budget cuts and constraints on their freedom to travel, communicate and collaborate.

The federal information commissioner is currently investigating the way government communication rules are limiting public access to publicly funded scientific information.

THE CANADIAN PRESS

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My heart will (not) go on ... or will it?

Breaking off is hard to do. Local locksmith plays cupid, removing and saving love locks from the bridge where they're supposed to be snipped off

Love might be all you need, but for couples expressing their devotion on Edmonton's High Level Bridge, a local locksmith is coming in pretty handy.

Martin Badke has been playing cupid, removing love locks from the bridge — that otherwise face a date with a pair of bolt cutters.

Badke has photographed all the locks on the bridge and placed the images on a Facebook page. When a couple contacts him to let him know the lock is theirs, he removes it and gives it back. He's working on a plan to build a new sculpture near the bridge that would be designated to hold the locks.

He said he's inspired to help the couples whose love

might be eternal, but whose locks are otherwise doomed.

"It has a sense of permanence. They're doing it because they're saying we're going to be a couple in the long-term — well the lock is going to disappear and they just don't know it."

Edmonton city spokeswoman Laura McNabb confirmed the city does regularly cut off the locks.

"The locks represent a safety concern and their consistent removal ensures the safety and security of the people and watercraft using the river and walkway below," she said.

She said the city also wants to maintain the appearance of the bridge. If the practice went unchecked, the railings wouldn't be able to support the weight.

Badke said he understands those concerns, and worries about keys tossed into the river.

"If you are going to say I love you forever, you throw away the keys — but brass is about two per cent lead."

Badke said the idea of the sculpture for love locks has been in other cities around the

world and he believes it can work here, but he's still working on getting the plan off the ground.

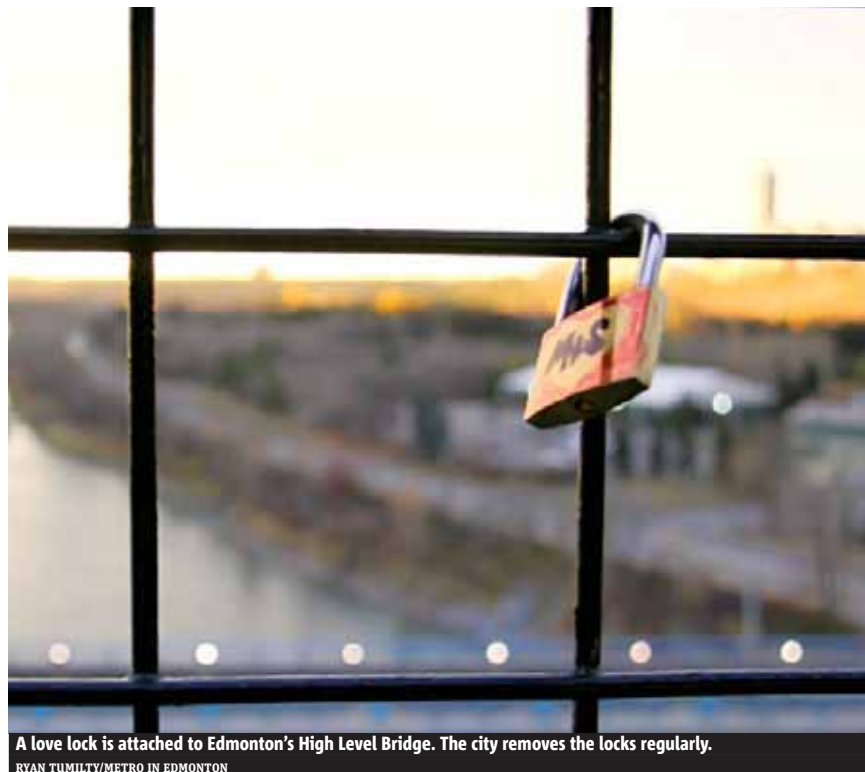
"So far, I have to admit the committee is me," he said.

RYAN TUMILTY/METRO IN EDMONTON

What about love!

Don't let it slip away ...

- **Burn baby burn.** Love locks have surfaced on bridges in Vancouver and Toronto, and are routinely snipped off by city officials. On an Ottawa bridge, the city lets the love locks remain.
- **I got you babe.** In Toronto, a large installation was set up in the city's distillery district to give couples a place to hang their locks of affection.
- **Weight of love.** A bridge in Paris suffered a partial collapse earlier this year, under the weight of too many love locks.



A love lock is attached to Edmonton's High Level Bridge. The city removes the locks regularly.

RYAN TUMILTY/METRO IN EDMONTON

NOTICE

Registration of Undertaking for Environmental Assessment ENVIRONMENT ACT

This is to advise that on October 22, 2014, **Chebucto Terence Bay Wind Field Limited** registered an Addendum to the **Chebucto Terence Bay Wind Farm** registration document originally submitted for environmental assessment on July 2, 2014, in accordance with Part IV of the *Environment Act*.

The purpose of the proposed undertaking is to develop three wind turbines to generate up to 7.2 MW of power on lands in the River Road area near Terence Bay to the southwest of downtown Halifax in HRM. Construction will commence in the winter 2014 with operation expected in the fall of 2015.

Copies of the environmental assessment registration information may be examined at the following locations:

- Prospect Community Centre, 2141 Prospect Road, Hatchet Lake, B3T 1S1
- Keshen Goodman Public Library, 330 Lacewood Drive, Halifax, NS
- Ecology Action Centre, 2705 Fern Lane, Halifax, NS
- Nova Scotia Environment, 30 Damascus Road, Suite 115, Bedford Commons, Bedford NS
- Nova Scotia Environment Library, 2nd floor, Halifax Office, Suite 2085-1903 Barrington St. Halifax, NS
- EA website (when available) <http://www.gov.ns.ca/nse/ea>

The public is invited to submit written comments to:

Environmental Assessment Branch
Nova Scotia Environment
P.O. Box 442, Halifax, NS, B3J 2P8

on or before November 21, 2014 or contact the department at (902) 424-2574, (902) 424-0503 (Fax), or e-mail at EA@gov.ns.ca.

All submissions received, including personal information, will be made available for public review in the Nova Scotia Environment Library, 2nd floor, Halifax Office, Suite 2085-1903 Barrington St. Halifax, NS

Published by: **Chebucto Terence Bay Wind Field Inc.**
30 Memory Lane, Sackville, NS B4C 2J3

Quebecor tycoon criticizes political rivals on Facebook

Media magnate Pierre Karl Peladeau says he doesn't have to answer reporters' questions, indicating he prefers Facebook as a means of communication.

Peladeau made the comment today as he headed into a Parti Quebecois caucus meeting.

The controlling shareholder of Quebecor Inc. (QBR.B) has become a Facebook aficionado in recent months, using it to criticize his political rivals.

In recent weeks, Peladeau has taken to the site to demand an apology from Health Minister Gaetan Barrette and to question Premier Philippe Couillard's ethics.

On Monday, the PQ member of the legislature for Saint-Jerome posted three public Facebook messages to go after Francois Legault, leader of the Coalition for Quebec's Future.

Some of Peladeau's political foes are urging him to make himself more available to reporters at the national assembly.

That didn't seem to sway Peladeau on Tuesday.



Pierre Karl Peladeau JACQUES BOISSINOT/THE CANADIAN PRESS

"I'm with you," he told reporters, saying he's not scared of running into them.

Peladeau said he appreciates the efficiency of communicating via social media, particularly Facebook.

"I discovered Facebook a few months after I decided to run (in last spring's election campaign). My organization set up the account."

He said he only found out

about his page after he fractured a hip, a collarbone and ribs in a serious cycling accident in May.

"I was asked to have a photo taken ... and I was told the photo would be posted on Facebook."

"That's how I found out I had a Facebook page. I find it's very efficient for communicating."

THE CANADIAN PRESS

Former Olympic hero Pistorius gets 5 years for killing girlfriend



Oscar Pistorius departs the North Gauteng High Court on Tuesday in Pretoria, South Africa. Pistorius has been sentenced to the maximum term of five years after being found guilty of the culpable homicide of his girlfriend Reeva Steenkamp, whom he shot, claiming he mistook her for an intruder. CHARLIE SHOEMAKER/GETTY IMAGES

South Africa.

Authorities say runner will be held away from general prison population because of his high profile

Oscar Pistorius was taken away in a police van with barred windows Tuesday to start serving a five-year prison sentence for killing girlfriend Reeva Steenkamp.

Delivering her sentence in the North Gauteng High Court in Pretoria, Judge Thokozile Masipa cited the "gross negligence" shown by the double-amputee Olympic runner when he shot Steenkamp multiple times through a toilet cubicle door in his home.

Pistorius, who cried and retched during his murder trial, was unemotional as he

stood to hear his sentence. His prison term begins immediately; police led him down a flight of stairs to holding cells, and he left the courthouse in the armoured vehicle.

The world-famous runner later arrived at the nearby Kgosi Mampuru II prison in the South African capital. That facility has had problems with violence and overcrowding and is where — during the years of apartheid — death row inmates were executed before capital punishment was outlawed with the advent of democracy.

Despite the prison's reported problems, authorities said Pistorius would be held away from the general prison population because of his disability and high profile — possibly in a hospital wing or a high-security section.

Pistorius could be released after 10 months to serve the remainder under house ar-

rest, according to legal experts. Masipa last month convicted Pistorius of culpable homicide, or negligent killing, but acquitted him of murder after he testified he mistook Steenkamp for a nighttime intruder.

Steenkamp's parents were in court to hear the sentence and the dead model's mother, June, said justice had been done. A close friend of Steenkamp, Gina Myers, said: "I really don't think any of us will heal anytime soon ... there will always be questions."

Pistorius' uncle, Arnold Pistorius, appealed to reporters to give the family privacy after what he called "20 months of relentless public trial."

He criticized prosecutors for pursuing a premeditated murder charge against Pistorius, and said "they decided to inflict as much collateral damage as they could."

THE ASSOCIATED PRESS

The birds, bees and ... fish. 'Dicki' possibly first fish to have penetrative sex

New research suggests that a type of armoured fish called placoderms may have been the first animal to develop penetrative sex.

According to a paper published in *Nature* this week, the predecessor of sex as it occurs in mammals today first appeared in microbrachius dicki, an eight-centimetre-long fish that lived about 385 million years ago in what is now Scotland.

Examining fossils, Australian paleontologist John Long found that males had bony appendages attached to their rears which paired with plate-like structures on female fish.

In reproduction, the fish would swim side by side as the male "clasper" penetrated the female and delivered sperm, suggests Long, a professor at Flinders University in Adelaide, in the paper.

Internal fertilization can be tied to the same branch in the evolution of fish as jaws, teeth and pelvic fins, which eventually developed into legs, he told the Star.

That change may have been caused by an increase in predatory fish as the number of species expanded during the

Predecessor of sex

385M

The predecessor of sex as it occurs in mammals today first appeared in an eight-centimetre-long fish that lived about 385 million years ago in what is now Scotland.

Devonian period, which began about 416 million years ago, he said.

"Alternatively, it might have been driven by invading new habitats, like fast-moving streams and rivers where internal fertilization can have advantages over spawning," Long said.

His research suggests that some of the descendants of those fish may have switched back to external fertilization, where females and males release eggs and sperm into water at the same time.

Later descendants developed different forms of internal fertilization that eventually evolved into sex organs in humans and other living animals. That type of change was previously thought to be implausible, Long writes.

TORSTAR NEWS SERVICE

Opium

Afghan poppy cultivation hits all-time high

Opium poppy cultivation in Afghanistan grew to an all-time high in 2013 despite America spending more than \$7 billion US to fight it over the past decade, a U.S. report showed on Tuesday.

Federal auditors SIGAR reported that Afghan farmers grew an unprecedented 209,000 hectares of the poppy in 2013, blowing past the previous peak of 193,000 hectares in 2007.

Nangarhar and other provinces, once declared "poppy free," have seen a resurgence in cultivation. Nangarhar had been considered a model for successful counterinsurgency and counter-narcotics efforts and was deemed "poppy free" by the UN in 2008. It saw a fourfold increase in opium poppy cultivation between 2012 and 2013.

An Afghan government official says that Taliban and opium smugglers are fighting for the income of opium in different parts of the country, while cultivation takes place mostly in the south where insurgents are highly active.

THE ASSOCIATED PRESS



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British Army medics board an aircraft as they depart for Sierra Leone at RAF Brize Norton on Monday in Brize Norton, England. According to the WHO, doses of the experimental Ebola vaccines could be available for testing in West Africa in January as long as they are deemed safe. MATT CARDY/GETTY IMAGES

Ebola vaccine trials may begin by January in West Africa: WHO

Pending clinical trials.

Tens of thousands of doses could be available for January 2015 if the drugs are deemed safe to use

Tens of thousands of doses of experimental Ebola vaccines could be available for "real-world" testing in West Africa as soon as January as long as they are deemed safe, a top

World Health Organization (WHO) official said Tuesday.

Dr. Marie Paule Kieny, an assistant director general for WHO, said clinical trials that are either underway or planned in Europe, Africa and the U.S. should produce preliminary safety data on two vaccines by December.

If the vaccines are declared safe, she said they will be used in trials in West Africa beginning in January to test their effectiveness among tens of thousands — but not millions — of people.

"I'm not suggesting at this moment that there would be mass vaccination campaigns at population levels starting in 2015," she said, adding that none of the volunteers who take part in the trials could accidentally contract Ebola from the testing.

One of the two vaccines that Kieny mentioned was developed by the U.S. National Institutes of Health and GlaxoSmithKline from a modified chimpanzee cold virus and an Ebola protein.

It is in clinical trials now in the U.K. and in Mali and will be used in trials in Lausanne, Switzerland, by the start of February.

The second front-runner, developed by the Public Health Agency of Canada and known as VSV-EBOV, has been sent to the U.S. Walter Reed Army Institute of Research in Maryland for testing on healthy volunteers, with preliminary results about its safety expected by December.

The next stage would

be to test it more broadly, including among those directly handling Ebola cases in West Africa.

The Ebola outbreak in West Africa has already killed over 4,500 people, mostly in Liberia, Guinea and Sierra Leone, since it emerged 10 months ago.

Experts have said the world could face 10,000 new cases a week in two months if authorities don't take stronger steps to fight the deadly virus.

THE ASSOCIATED PRESS

Ebola news roundup

Here is the latest Ebola news from around the world.

- **Airport screening.** The U.S. government announced Tuesday that everyone travelling to the U.S. from Ebola-afflicted African nations will have to be screened at one of five airports
- **Designated hospitals.** British Columbia's health minister says five hospitals in the province have been designated to assess people at risk of having Ebola and to treat confirmed cases.
- **A turn for the better.** Conclusive tests show a Spanish nursing assistant infected with Ebola is cured of the virus, doctors said Tuesday. This is a huge step forward in her 15-day battle for survival. Four blood tests over four days indicated Teresa Romero's system had eliminated the virus, said Dr. Jose Ramon Arribas of Madrid's Carlos III hospital.
- **Global donations.** UN secretary-general Ban Ki-moon welcomed contributions from countries in response to last week's news that a UN trust fund for Ebola had only \$100,000 in the bank. Australia has deposited \$8.7 million, while Venezuela has committed to \$5 million. The original \$100,000 was donated by Colombia.

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French oil CEO de Margerie dies as jet hits snowplow

Christophe de Margerie, the 63-year-old charismatic CEO of Total SA who dedicated his career to the multinational oil company, was killed at a Moscow airport when his private jet collided with a snowplow whose driver was drunk, Russian investigators said Tuesday.

Three French crew members also died when the French-made Dassault Falcon 50 burst into flames after it hit the snowplow during takeoff from Vnukovo airport at 11:57 p.m. Monday local time.

"At the current time, it has been established that the driver of the snowplow was in a state of alcoholic intoxication," Tatyana Morozova, an official with the Investigative Committee, Russia's main in-



Christophe de Margerie
THE ASSOCIATED PRESS

vestigative agency.

However, the snowplow's driver denies he was drunk, according to his lawyer.

Video from the scene showed the charred plane lying

on a grassy field. Though it had snowed earlier Monday in Moscow, it was unclear how much snow remained at the airport at the time of the crash.

Under his leadership, Paris-based Total claims it became the fifth-largest publicly traded integrated international oil and gas company in the world.

Total secretary general Jean-Jacques Guillaud, said the board will meet soon to discuss who will succeed de Margerie.

Names being touted as possible successors include Philippe Boisseau, the head of Total's new energy division, Patrick Pouyanne, who leads the refining sector and Arnaud Breuillac, head of exploration and production.

THE ASSOCIATED PRESS

Ottawa floats out a dos-and-don'ts list as drone use soars

Public campaign. With the popularity of unmanned aircraft taking off, the federal transport minister issues some guidelines

Federal Transport Minister Lisa Raitt has launched a public campaign to help make sure Canadians are flying drones safely.

Raitt announced new guidelines for the increasingly popular unmanned aerial vehicles (UAVs), and trumpeted the Transport Canada website, which gives operators of drones an easy-to-read list of dos and don'ts.

Online ads and a social media campaign are to follow.



Federal Transport Minister Lisa Raitt
THE CANADIAN PRESS

Those flying drones for commercial use or using devices more than 35 kilograms must apply for a special permit from the federal regulator.

Transport Canada has seen

a spike in those applications, issuing 945 certificates last year — a 500 per cent jump from 2011.

Drones are being used for a range of purposes — from hobbyists to farmers surveying crops and even movie productions looking for an epic aerial shot.

Most drones range in price from a few hundred dollars for personal aircraft up to \$200,000 for commercial-grade units and can be operated with a controller, similar to ones used for video games, or by a tablet or an iPhone.

Transport Canada states that UAVs cannot be flown higher than 90 metres, to limit safety concerns with other aircraft, and are required to be within the line of sight of the pilot or someone who is in contact with a pilot. **THE CANADIAN PRESS**



De-Lays-ious new chip flavour

Randall Litman of Calgary poses with a bag of Jalapeno Mac N' Cheese Lays chips, a flavour he submitted earlier this year as part of the Lay's Do Us a Flavour contest. Lay's Canada announced Tuesday that Jalapeno Mac N' Cheese won the contest, beating more than a million submissions, including three other finalists (Bacon Poutine, Cinnamon Bun and Tzatziki). Litman takes home \$50,000 plus one per cent of future sales of his winning flavour.

HANDOUT/THE CANADIAN PRESS

Based in Montreal

After 37 years, Jacob closing all stores for good

Womenswear retailer Boutique Jacob Inc. is abandoning its restructuring efforts and closing all its 92 stores in Canada.

The Montreal-based clothing chain says efforts over the last few months to "try to breathe new life into the company" have failed. **THE CANADIAN PRESS**

Market Minute

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Americans not McLovin' it

McDonald's CEO Don Thompson said Tuesday the company hasn't been keeping up with the times and that changes are in store for its U.S. restaurants.

Starting in January, Thompson said McDonald's will "simplify" its menu to make room for restaurants to offer options that are best-suited for their regions. To offer greater customization, he also said the company planned to expand its "Create Your Taste" offering that lets people pick the buns and toppings they want on burgers by tapping a touchscreen. The program is currently being offered in Southern California.

"We haven't been changing at the same rate as our customers' eating-out expectations," Thompson conceded during a conference call outlining the changes.

The remarks came after McDonald's said its profit sank 30 per cent in the third quarter, with sales at established locations down 3.3 per cent globally and in its flagship U.S. market. In the division encompassing Asia, where a major McDonald's supplier was shown on TV repackaging expired beef, the figure sank 9.9 per cent.

Some analysts questioned whether the moves McDonald's has in store will be enough to fix its problems. Sara Senatore, a Bernstein restaurant analyst,



Facing slowing sales the fast-food giant's CEO says it will serve up some big marketing initiatives. KEITH SRAKOCIC/THE ASSOCIATED PRESS

Coca-Cola also loses fizz

Coca-Cola, another iconic American brand struggling to adjust to changing food and beverage trends, said it plans to slash costs by \$3 billion US a year after the world's biggest beverage maker reported disappointing sales on flat soda volume.

- The Atlanta-based company said it will reach its cost-cutting goal by 2019 through a variety of measures, such as restructuring its global supply chain. It did not specify how many jobs would be lost as a result.

noted that the company efforts seem focused on marketing around its existing food, rather than changing recipes.

In the U.S., perceptions around the freshness and quality of its ingredients have been a problem for McDonald's. The chain has been fighting to boost sales as people gravitate

toward foods they feel are more wholesome. A day earlier, for instance, Chipotle said its third-quarter sales at established locations surged 19.8 per cent. Steve Eells, Chipotle's co-CEO, said the results show people are realizing "there are better alternatives to traditional fast food." **THE ASSOCIATED PRESS**



Road Closures:

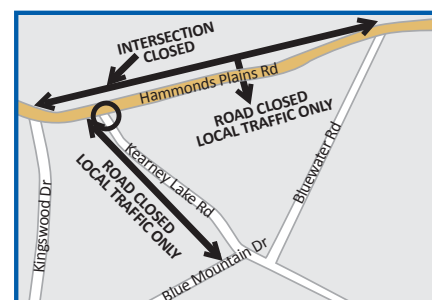
Kearney Lake Rd./Hammonds Plains Rd. Intersection

Attention motorists: Beginning at 7 p.m. on Friday, October 24, 2014, the intersection of Hammonds Plains Road and Kearney Lake Road will be closed to all traffic.

As a result, Hammonds Plains Road will be closed from Kingswood Drive to Bluewater Road, and Kearney Lake Road will be closed from Blue Mountain Drive to Hammonds Plains Road. Access will be provided for local traffic, but the intersection of Kearney Lake Road and Hammonds Plains Road will not be passable.

The road closures are scheduled to remain in effect until 6 a.m., Monday, October 27, 2014.

This work is to allow for the replacement of the 1220mm transmission main across Hammonds Plains Road as part of the Pockwock Water Transmission Main Project – Phase 2.



Halifax Water regrets any inconvenience this temporary road closure may cause.

For more information on Halifax Water please visit www.halifaxwater.ca

PERSONAL & COLLECTIVE MYTHS & COLD SEASON

The month of October, especially in Canada, should — *should* — be a sacred time to enjoy too-sweet autumn-themed lattes, molting piles of leaves, and the last warm-ish days before the slow, cold months-long winter marathon to come. Also, there is candy.

That, though, is but a Halloween-dream, considering the annual round of news coverage and commentary about flu season and flu shots and flu prevention that seems to have totally replaced the scary warnings about candy wrapped up with razor blades, that I remember from my youth. (Still scary!) Were we ever so innocent, so pre-24/7-news cycle? This year, of course, Ebola has mostly replaced flu news. What I know about Ebola is exactly nothing, other than I'm very but very abstractly terrified of it. What I do know, however, about colds and flu and germs and hand-sani-based preventative techniques is *everything*. Or, at least I think I do, which is its own kind of semi-



GUEST COLUMN
Kate Carraway
metronews.ca

practical defence against, well, every uncontrollable thing. Usually, I like the idea of "live and let live," but this gets crushed during flu season, when my serious fears about falling ill ("I'm freelance! I can't get sick!") overtake my, or any, reality.

I spend a lot of time in libraries, among people and their apparently casual relationship to germs. Regularly, I hear them snurfling (what I call the truly disgusting inhalation of whatever is brewing in their noses, like snorting, but worse). I offer them Kleenex sometimes; they rarely take it. I'm not excited to listen to or watch someone blow their nose (other than my littlest nephew, because that is actually adorable), but I'd take it over that sick, swift snort that so many employ as an alternative.

I wonder if the smart-seeming campaigns to limit germs by encouraging people to cough into their arms have led to this idea, that blowing one's nose is worse than... not. Maybe? Is it better for those germs to be shot into a tissue to spare me the

This can't happen

Usually, I like the idea of "live and let live," but this gets crushed during flu season, when my serious fears about getting sick ("I'm freelance! I can't get sick!") overtake my or any reality.

snurfling-sound? I wonder, then, if my ideas about how to properly manage a nose are just my own assumptions, my own mythos, much like how I once heard that pop can cure a cold, and so I wield an icy bottle like a talisman when I get that throat-itch.

This is just the kind of stuff we make up, individually and collectively, myth or not, because in the face of everything that can go wrong all we can really do is manage the endless ideas about what is probably safe, and what might not be.

Paul Sullivan returns with *Just Sayin'* on Nov. 12.

Metro Bitstrips caption contest



Today's winner:

Irfan Ali



"One percent doesn't go as far as it used to."

Become a cartoon star!

Visit metro.bitstrips.com on your mobile device to create an avatar and add your caption to the next comic. The funniest entry will be printed here. Check out today's runners-up by scanning the cartoon with your Metro News app.

Bitstrips

MetroTube



Mama raccoon to the rescue



ANDREW FIFIELD
andrew.fifield@metronews.ca

By virtue of being based in Toronto, Gates Wildlife Control find itself dealing with a lot of raccoons... like, an awful lot. The catch-and-release method is pretty simple when Gates is dealing with a nuisance adult raccoon. But what about when a baby critter gets separated from its mother? Well, that's a more delicate task — and Gates has designed a custom solution. (YouTube/Gates Wildlife Control)



GETTY IMAGES FILE

Twitter

@metropicks asked: Costumes were pulled from a Value Village after a complaint that the versions for boys look like real uniforms while their counterparts for girls were 'sexy' cops and firefighters. Was the decision to pull the costumes the right one?

@ScotianStrong77: I'm more worried about all of the adults who classify any kids outfit as 'sexy'. Is This?

@ShawnaLewk3h: Yes. Sexualization of girls starts young & costumes like these help set tone for how girls see themselves.



SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 19 in Scene, page 31 in Sports and page 35 in Drive.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



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Spies known by gadgets they keep

Movies. Colin Firth wields a bulletproof umbrella in *Kingsman*, a superspy story built on the 007 tradition of glamorous gizmos



IN FOCUS
Richard Crouse
scene@metronews.ca

In the new film *Kingsman: The Secret Service*, Colin Firth plays a veteran of an independent international intelligence agency.

"The Kingsmen agents," he says, "are the new knights." He recruits a rookie (Taron Egerton) into the agency's training program — "the most dangerous job interview in the world" — just as twisted madman Valentine (Samuel L. Jackson), launches a plan to bring down the Kingsmen and cause world chaos.

Echoes of James Bond hang heavy over the story. There are suave spies, a warped villain in the vein of Dr. Julius No or Ernst Blofeld, an evil henchman, or in this case henchlady, named Gazelle (Sofia Boutella) who has knives where other people have feet. Above all, it has gadgets. Firth and his fellow agents — Michael Caine and Mark Strong — have umbrellas that deflect bullets and Zippo lighter hand grenades among other thingamajigs that no spy should leave home without.

Make a knight of it

"The Kingsmen agents are the new knights."

Colin Firth, who plays an international superspy in *Kingsman: The Secret Service*



Colin Firth, left, and the cast of *Kingsman: The Secret Service*. CONTRIBUTED



Sean Connery in *To Russia with Love*. CONTRIBUTED

Ever since 007 was kitted out with an attaché briefcase equipped with a folding sniper rifle, ammunition, a knife and 50 gold sovereigns in *From Russia With Love*, gadgets have become de rigueur in spy stories.

From jetpacks to a mobile phone with a stun gun and fingerprint scanner, Bond always had the coolest contraptions. His most famous gadget, the Aston Martin DB5, was introduced 22 minutes into *Goldfinger*. Bond's big rig came fortified with machine guns, ejector seats, a back shield, oil slick, rotating licence plates and tire slicers.

The car has appeared in six movies with later models featuring upgrades like a rear facing water canon, a jetpack stowed in the trunk and a

cloaking shield.

Bond's awesome auto has inspired many other souped-up spy-mobiles, including the Pontiac GTO from *xXx*. Xander Cage's (Vin Diesel) car came with stinger missiles, parachutes, a flame-thrower and exploding hubcaps.

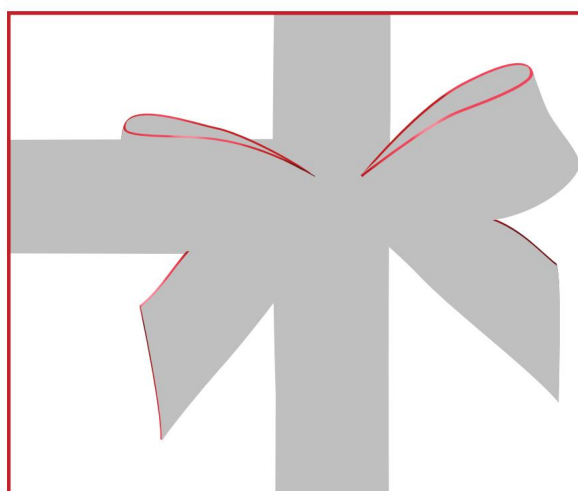
007 and *xXx* have sweet rides, but the *Our Man Flint* spy parody had the wildest stuff. Derek Flint's (James Coburn) watch not only told time but doubled as a microscope and his lighter had "82 different functions," he said, "83 if you want to light a cigar."

Killer heels and a va-va-boom lipstick

Whether it's *I Spy*'s contact-lens video camera or the Swiss Army knife flamethrower-blowgun combo from the *Get Smart* movie, it seems the good guys get all the good gadgets, but super-villains also have some super-gizmos.

- From *Russia With Love*'s Rosa Klebb (Lotte Lenya) did people in with a poison-tipped dagger blade embedded in the tip of her shoe.
- Helga Brandt (Karin Dor) of *You Only Live Twice*, meanwhile, tried to blow Bond to smithereens with a deadly lipstick bomb.

2 SCENE



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Alan Doyle's great big love for home

Books. Great Big Sea singer's memoir filled with fond childhood stories, not tales from the world of music

No matter how far Alan Doyle strayed from his uniquely enchanting hometown of Petty Harbour, N.L., he had his book to whisk him back.

The Great Big Sea frontman spent years working on his memoir *Where I Belong*, scribbling during long road trips, sluggish sound checks or airport lounges the world over. Ultimately, a book that was originally intended to encompass the entirety of the 45-year-old's life instead focuses almost exclusively on his pre-20s upbringing in the small fishing town.

He just found that he couldn't stop talking about Petty Harbour.

"I assumed when we started that we would eventually make our way to present day, but the time I got finished adding up all the stories I wanted to tell ... I mostly told the stories about growing up in Petty Harbour," said Doyle



Alan Doyle THE CANADIAN PRESS FILE

this week during a promotional trip to Toronto.

Doyle's cheerful childhood certainly wasn't rooted in any financial prosperity. One of four kids, Doyle was born into a tiny home on the eastern-most coast of Newfoundland. The house had no bathroom and no plumbing. His parents would bathe the family with river water, collected in a plastic bucket and heated on the stove.

In the book and person, Doyle recalls his austere surroundings with nostalgic fondness.

"I had somewhere to pee," he pointed out, laughing. "We had water — in a bucket, but so what? That whole part of it was a revelation in my adult life. In retrospect, we had less than perhaps North Americans my age had, but I never spent any time thinking about what we didn't

have. We had more than enough for me."

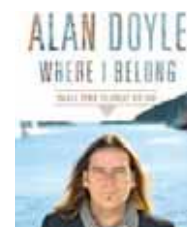
Still, Doyle went to work young. At 10 he was already immersed in the wharf, rising early each summer day and heading to the harbour to cut cod tongues (considered a delicacy in parts of the world) then hawking the bounty to various vendors around town.

Much of the book is devoted to Doyle's wistful recollections of growing up in that

Quoted

"Without being aware of it, my young life almost perfectly prepared me for the greatest job anyone could have ever been offered."

Great Big Sea frontman Alan Doyle



environment — and its opportunities for innocent hijinks.

As a 10-year-old, hanging out with rough-and-tumble guys in their 20s all day was "intoxicating," Doyle said.

While *Where I Belong* isn't a traditional rock memoir, Doyle says it ties into his music career to a greater extent than it might initially seem.

"Without being aware of it, my young life almost perfectly prepared me for the greatest job anyone could have ever been offered," he said.

"All the stuff that happened to me in my little tiny fishing town and my little altar boy life, all of a sudden, it's like, man, I'm perfect for this job. Every question that was asked of me I said, yes, of

course I know how to do that. Of course I can do that.

"This is going to be really hard on the road.' What? We have a toilet. This is easy."

THE CANADIAN PRESS

Singing bests readings

Alan Doyle put out his first solo album back in 2012, but says that this memoir represents the most vulnerable offering of his career.

- Public readings have proven particularly daunting, Doyle laments.
- "Freaks me out, man. I'd rather sing a thousand songs to a thousand people."

Comedy's the hard thing to master, Beau Bridges says

TV. Star of *The Millers* and *Masters of Sex* says sitcom roles are tougher than drama

Beau Bridges can currently be seen on TV as a closeted gay academic in drama *Masters of Sex* and a doofus dad in sitcom *The Millers*.

So which role does he find more difficult?

"I think making people laugh is probably one of the most difficult things to pull off. Comedy is tough. I think it's even harder than drama," he said in a summer interview.

The *Millers* returns for a second season Thursday on CTV. Bridges plays Tom, the bumbling father of local news reporter Nathan Miller (Will Arnett).

When Nathan announces

he's getting divorced, Tom and his wife Carol (Margo Martindale) decide to split up, too.

The light half-hour comedy from showrunner Greg Garcia (*My Name is Earl*) sees Carol move in with her son and Tom impose himself on their daughter Debbie (Jayma Mays) and her family. While the kids try to cope with their infuriating parents, Tom and Carol venture into the dating world after 43 years of marriage.

He said he found *The Millers* challenging at first because he didn't have much experience filming a multi-camera sitcom in front of a studio audience. But he quickly embraced the live experience.

"The great thing about it is you get the immediate comeback to see how you're doing," he said. "What's difficult is putting on a new

play every week and always changing things up all the time. You rehearse it for the writers every day, they come in with new stuff the next day, then even when we're performing it, if a joke doesn't work, they'll write another one and slip it to you right there on the spot.

"That made me real nervous in the beginning, but I found out quickly that the audience enjoys it more when you're making a mistake. They laugh and that helps me kind of relax and say, 'Oh, OK, I get it. So I don't have to worry about that.'"

In Showtime's *Masters of Sex*, about pioneering sexuality researchers William Masters and Virginia Johnson, Bridges plays Provost Barton Scully, who is gay but has been in a decades-long marriage to Margaret (Allison Janney).

"Allison Janney, who plays my wife in *Masters of Sex*, she and Margo Martindale are friends. They know each other. So you know they're probably talking about me all the time behind my back," he said. "But Allison is great as well. Our scenes are very dramatic, very different from what I have with Margo, which is all hysterically funny."

When it comes to switching back and forth between a comedy and a drama, Bridges said he relies on the script.

"I've always felt that the most important element in any show is the script itself. Like Shakespeare said a long time ago, the play's the thing. I think that's still true. And in those instances, *The Millers* and *Masters of Sex*, they're, I think, beautifully written, both of them, for what they are," he said.

THE CANADIAN PRESS



Beau Bridges MICHELLE SIU/THE CANADIAN PRESS

Music. Little Apple is China's earworm

Has China found its own Gangnam Style? From Beijing parks to Shanghai skyscrapers and in Guangzhou factories to karaoke rooms in Macau, people are singing Little Apple — a song apparently so catchy it has even won over the army and police.

Calling themselves the Chopsticks Brothers, Xiao Yang and Wang Taili are neither brothers nor composers, but are responsible for a hit that has become a nationwide phenomenon.

Xiao Pingguo (Little Apple) was originally intended to promote their latest film when it was released in July, but has proven to be an earworm — the kind of song so insistent it gets stuck in the brain.

"This song is easy to follow, the pace is basic and repetitive. Even the old ladies in public gardens are learning it quickly," said Zeng Qiumei, a marketing manager from Sichuan province.

The accompanying music video has notched up more than 50 million views on Chinese video sites such as Sohu, iQiyi and Youku.

The surreal six-minute clip begins with a botched plastic surgery operation before cutting to Xiao and Wang naked in the Garden of Eden.

They then appear in a number of sequences, includ-



A screenshot from the Little Apple music video. YOUTUBE/TRUE CHINA

ing dressed as mermaids on a beach or acting as village children.

The lyrics are largely nonsense, with the chorus running, "You're my little apple, you're my little apple."

Even so, the tune has become ubiquitous — playing on smartphone ringtones and in shopping malls, nightclubs and gyms.

The People's Liberation Army in the city of Xian has used the song in a recruitment video, while police in Shandong last month modified the lyrics for a broadcast warning about phone-banking scams.

And a clip showing soldiers dancing to Xiao Pingguo with child survivors of an August earthquake that killed 600 people in the southwest became an online sensation.

There are countless other amateur videos of groups of people dancing to the song, including flight attendants, cheerleaders, firefighters and students.

One parody brings together North Korean leader Kim Jong-Un, Barack Obama, Vladimir Putin, Japanese Prime Minister Shinzo Abe and Secretary General of the UN Ban Ki-moon.

AFP

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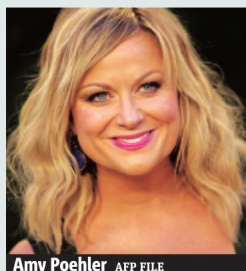
Television

Poehler preps religious sitcom

Actress Amy Poehler will produce a new series set in a church community, according to Deadline.

In her next project for NBC, Poehler is developing a comedy on a young, agnostic woman who inherits a church and gets to know its community of strong-willed characters.

The untitled series is written by Aisha Muharar, screenwriter and co-executive producer of Parks and Recreation, in which Poehler stars, and which is due to return in 2015 with its seventh and final season. AFP



Amy Poehler AFP FILE

Avatar Secrets



Episode 7: Community



Tristanova and Caethis portal into a new zone in the game, where the quests are so challenging that it takes a larger team to complete them. "Strength in numbers ... Different classes of characters can all complement one another," says Brent George, an animator and instructor. Scan this photo for a video of George talking about group bonding.

COMMISSIONED BY TWO, AVATAR SECRETS IS AN ONLINE DOCUMENTARY THAT EXPLORES THE ALLURE OF THE VIRTUAL WORLD AS A NEW FRONTIER FOR CREATING EMPATHETIC CONNECTIONS AND SELF-DISCOVERY.

Visit metronews.ca/avatarssecrets over the next few days as we post daily chapters from Avatar Secrets.

- Collector cards. You can also download 10 collector cards from the series!



Justin Bieber ALL PHOTOS: GETTY IMAGES

Justin visits the Vatican in true Belieber style

After a year of very grown-up trouble, it's nice to see Justin Bieber getting back to the kind of juvenile shenanigans that made him such a lovable scamp to begin with. Pop's reigning tiny tyrant took a trip to the Vatican recently, where he was scolded by staff during a tour for kicking a soccer ball around the halls. Oh, that

Bieber. Always getting up to something! Justin, you know you're not supposed to play ball inside the house of the Lord. It's also worth noting that the Vatican usually enforces a strict dress code for visitors to its museums, a dress code that bars shorts and hats. No word on whether Bieber got scolded for that as well, though.

Rivers still making waves from beyond the grave

Apparently Joan Rivers left some instructions that her executors are finding a little tough to follow through on. "Joan requested that after she is gone that her personal diaries be turned into a book," a source tells Radar Online. "The problem is that they are having a real hard time shopping it around because of how over-the-top and defamatory it is." Sounds about right for Rivers. So, how defamatory are we really talking here? "Joan bashes celebrities and politicians in first-hand accounts throughout her



Joan Rivers

life. Among her biggest revelations is that President Barack Obama is gay, which is something that she had joked about while she was alive." Oh. Oh, I see.

A reason to listen to radio again



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Hollywood women Garner wrong kind of attention

NED EHRBAR
Metro in Hollywood

Emma Watson's influence must be rubbing off. Jennifer Garner was honoured at Elle magazine's Women in Hollywood benefit earlier this week, and she used the name of the event as a jumping off point for a pretty awesome speech about sexism in Hollywood. Here it is:

"The fact that there even needs to be a Women in Hollywood event is a little bit sad. I mean, the Men in Hollywood event is every day — it's called Hollywood. Fifty-one per cent of the population should not have to schedule a special event to celebrate the fact that in an art that tells the story of what it means to be human and alive, we get to play a part.

"So for example, my husband and I do kind of the same job, a little bit. Not

long ago we both had one of those magical days, we call it a junket, where we both attended these lovely events where people come in every four minutes, they ask the same questions over and over again, you know the drill. We got home at night and we compared notes. And I told him every single person who interviewed me, I mean every single one — and this is true of the red carpet here tonight, Elle — asked me, 'How do you balance work and family?' and he said the only thing that people asked him repeatedly was about the tits on the Blurred Lines girl, which, for the record if we're talking about them, they are real and they are fabulous ... As for work-life balance, he said no one asked him about it that day. As a matter of fact, no one had ever asked him about it. And we do share the same family. Isn't it time to kind of change that conversation?"

All valid points, and cleverly made. I'm all for asking Affleck about how he juggles it all the next time I interview him. But does that mean I have to ask Garner about Emily Ratajowski's rack, too?



Katy Perry

This is how you do Happy Birthday when you wanna impress Katy

Katy Perry is turning 30 this Saturday, and her friends are pulling out all the stops. Over the weekend, she made one of her birthday wishes known — and it's kind of adorably hokey. "All I want for my birthday is my name on the Shakey's Pizza marquee on Santa Monica Blvd. Please," she tweeted. Well, Katy, ask and ye shall receive. Sort of. In no time, the mes-

sage "Happy birthday Katy Perry from Sophia" (from pal and Hello Giggles co-founder Sophia Rossi) popped up on a Shakey's. Only it was the Shakey's on Olympic, not Santa Monica. But Perry's not being picky about that bit and is still apparently thrilled, calling the mention "a bucket list dream come true." Some people are just really easy to shop for.

Twitter



@RealMichelleT

Honored to have worn the designs of the great Oscar De La Renta He made every woman feel like the belle of the ball



@ConanOBrien

I love autumn in L.A., when the colors change on the Fire Danger signs.



@josswhedon

There is so much hate grief and injustice in the world and I'm VERY STRESSED that Tay-Tay may have abandoned her country roots #srsly

Looks like Lilo is in a good place on West End stage

How about this for a change? Some positive Lindsay Lohan news. After a rocky start to her West End stage debut in David Mamet's Speed-the-Plow, Lohan is said to be settling into the job and actually doing pretty well. I know! "A bunch of her friends went to see the show and, despite what you hear, she gave a really solid performance. She did not get handed her lines and was really funny. The audience had a great reaction to her," a source tells Radar Online. And hey, faint praise is still praise, right? "She is in



Lindsay Lohan

a really good place right now and we are all really proud of her. It seems like the old Lindsay is back," the source insists. I'm assuming that's supposed to be a good thing.

GRAND OPENING!

Friday, October 24th

620 Nine Mile Drive, Bedford South

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**FAMILY
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DOCTORS OF OPTOMETRY

METRO CUSTOM PUBLISHING

FAMILY VISION CLINIC

Get great savings at grand opening

Family Vision Clinic celebrating its fifth location this Friday

Family Vision Clinic has come to Bedford South. With its newest location at 620 Nine Mile Dr., in Bedford South, located just off Larry Uteck Boulevard, Family Vision Clinic now has five metro locations.

To celebrate, Family Vision Clinic is holding its grand opening Friday from 9 a.m. to 6 p.m. There will be great discounts, prizes, upgrades, food and drink, and giveaways.

"One lucky patient will even have the opportunity to win their frame and lenses," says senior partner Dr. Miriam Debly.

For people in need of a new pair of glasses or contact lenses, the grand opening will be the ideal time to take advantage of the great savings.

Family Vision Clinic is taking appointments for the grand opening day, so there is still time to arrange an eye exam, or contact lens fitting that can be completed during the grand opening.

People looking for glasses with funky designs will be happy to know a frame representative will be on-site for the day to show off the latest collections by Jimmy



Family Vision Clinic is celebrating the grand opening of its Nine Mile Drive location Friday from 9 a.m. to 6 p.m.

Choo, Boss and Juicy Couture.

Family Vision Clinic's new location was strategically chosen. Bedford South and the surrounding area is a growing residential and commercial part of the city with great shopping options and various health practitioners. Family Vision Clinic is proud to be the area's only vision care provider.

The clinic is conveniently located between Highway 102 and the Bedford Highway. The clinic is wheelchair friendly, and

is located at ground level with a large free parking lot, so accessibility is not an issue.

Locally owned and operated since the early 1960s, one of the reasons for Family Vision Clinic's continued success is its focus on ensuring patient satisfaction.

"We stand behind our service on everything that we do," Debly says.

Family Vision Clinic offers 30-day patient satisfaction guarantees on all eyewear purchases and has extensive warranties on all Family Vision Clinic products.

Great product selection is another reason for the clinic's success, as the five locations carry a wide range of frames and lenses — from economy to designer lines and everything in between, there is something to fit any budget or style. The new location carries about 1,000 different eyewear designs.

One final reason for the company's success is its use of state-of-the-art technology, used to ensure patients get the perfect pair of glasses or contact lenses every time.

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HOWATT GROUP CHARTERED ACCOUNTANTS offers a warm congratulations to Family Vision Clinic for their grand opening at 620 Nine Mile Drive in Bedford South. We're proud to be a part of the Family Vision group and wish them continued success!

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METRO CUSTOM PUBLISHING *FAMILY VISION CLINIC*



Dispensing optician Stacey Schmidt says today's frames are more fun than they were in the past.

STYLE AND FUNCTIONALITY

FRAMES ARE LIKE A FUN ACCESSORY

With more than 1,000 frames to choose from at Family Vision Clinic's newest location at Nine Mile Drive, finding the perfect pair of glasses has become an art. Designers are now creating frames combining both functionality and style that can display the wearer's personality and fashion sense.

"Today's frames are more like a fun accessory," says dispensing optician Stacey Schmidt. "Designers are creating funky styles, often using bold colours like blues, reds, purples, and even pink in their frame designs."

The idea of glasses as a fashion acces-

sory means some people are choosing to wear glasses, even though they may not require a full-time glasses prescription.

The trend is moving towards owning multiple pairs of glasses to ensure wearers have the perfect pair of glasses to complement whatever look they are trying to achieve, whether it be a day at the office or a night out.

Glasses have developed a cool factor, which is evidenced by the number of major fashion companies developing optical lines, such as Armani, Calvin Klein and Christian Dior. Jimmy Choo,

the fashion designer best known for women's shoes, is now designing optical frames. At Family Vision Clinic's grand opening on Friday from 9 a.m. to 6 p.m., there will be a special showcase of select designer frames.

"Another spectacle trend is many designers have added a lot of embellishment, like adding Swarovski crystals or intricate details to their frame designs," Schmidt says.

Family Vision Clinic has kept up with the new and exciting eyewear trends and has many frame styles to showcase the latest styles. The selection also includes many tried and true designs and contains a wide range of products to suit any budget or style.

Early years are critical for eye development

Clear vision is a critical component of learning

Children should have their eyes tested regularly, even if they don't know their ABCs yet. An optometrist can use pictures, shapes or other child-friendly ways to evaluate eye health and vision. Many optometric techniques do not require direct responses from the child, so eyes can be tested at any age.

In fact, pediatric eye examinations with an optometrist are recommended at six months, followed by eye exams at ages three and five. Regular eye examinations should be completed annually from ages five to 19, and then every two years thereafter.

"One of the reasons why it is so important to have children's eyes examined regularly is children often will not complain about their vision," says Dr. Marni Denman, an optometrist with Family Vision Clinic. "A child with poor vision will usually not realize they have a vision problem because they do not have a benchmark for comparison. Children simply believe the way they see is 'normal.' The early years are a critical time for vision development and the sooner a problem is identified, the greater the chances are of correcting it completely."

In Nova Scotia, eye exams are covered for children with a valid health card every two years until age 10. Private insurance can usually be used to cover eye exams not covered by an MSI card.

Early eye exams are important because they can detect vision problems such as amblyopia, more commonly referred to as a lazy eye. When discovered early, vision can usually be improved through glasses, eye patching or a referral for eye surgery.

Clear and comfortable vision is also a critical component of the learning process because more than 80 per cent of early childhood learning is visual. This is especially relevant given many children diagnosed with learning problems or behavioural issues actually have a correctable vision problem.



Family Vision Clinic carries about 1,000 different frames in store, including about 50 for children.

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Optometrist Dr. Miriam Debly displays a piece of technology that allows people to see an image of their retina.

Latest technology helps serve you better

Family Vision Clinic is equipped with the latest technology to take care of its patients' ocular health. This results in glasses and contact lens fittings that offer patients the best options for their specific needs.

One piece of equipment at Family Vision Clinic, the retinal camera, takes digital images of a patient's eye and can, over time, build a digital record of the eye. This technology allows for the monitoring of pre-existing retinal issues, but also aids in the early detection of certain eye diseases, such as glaucoma, diabetic retinopathy or macular degeneration. The retinal camera aids the optometrist's assessment of eye health.

This technology allows the optometrist and patient to look at an image of the retina on a screen and allows the patient to better understand the health of their retina.

"Because we can take photos of the retina over a period of time, it also allows us to see

whether there have been any changes with the retina," says Dr. Miriam Debly, a senior partner with Family Vision Clinic.

Another piece of cutting-edge technology at Family Vision Clinic is the Visioffice 2, a computerized system that aids the optician in fitting glasses. This system of sensors and cameras uses an innovative computer program to take customized measurements for each patient when they are ordering glasses. It collects information about the patient's frame choice, the lens design the patient and optician have discussed, what tasks the glasses will be used for, and even factors in the patient's age to ensure the finished product is optimal for the patient's needs.

"The Visioffice 2 offers a level of spectacle precision and customization we have never had before," Debly says.

"It provides patients with the clearest, most comfortable vision possible."

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A window into your health

It has been said the eyes are the windows to the soul. While true, they also provide a window into a person's overall health.

The eyes are the one spot in the human body where blood vessels can be clearly seen without surgery or other forms of diagnostic intervention. This means eye examinations can help identify vascular diseases such as diabetes, high cholesterol and high blood pressure. In some cases, diseases like multiple sclerosis can also be detected.

"There are many things that can happen within the eye that people can be completely unaware of, some of which are completely separate from having 20/20 vision," says Dr. Marni Denman, an optometrist with Family Vision Clinic. "People are very surprised when they learn about the link between a person's eye health and their systemic health."

Family Vision Clinic recommends children have their first eye exam at six months, then return at age three, age five and annually thereafter. Adults should have their eyes examined at least every two years, while sen-



Optometrist Dr. Marni Denman says people are surprised to learn about the link between a person's eye health and their systemic health.

iors (65 years and older) should be examined annually. An average eye exam takes 20 to 30 minutes to complete.

Denman says even people with 20/20 vision should schedule regular eye exams because many serious eye diseases — such as glaucoma — do not have any symptoms, so an exam is the only way to confirm the health of the eye. Gradual vision loss can

be hard to detect and this could also be confirmed during an eye exam with an optometrist. As well, people who have always had poor vision may not even realize there is a problem until their eyes are examined.

Lifestyle changes are also an important way to prevent vision loss and include eating a healthy diet high in antioxidants, exercising regularly and not smoking.

CONTACT LENSES A VIABLE OPTION

Contact lens technology continues to evolve, meaning contacts are becoming a viable option for more people, including those who require progressive or bifocal lenses, and those who have astigmatism or dry eye.

"You can also fit contact lenses for medical conditions such as keratoconus that can actually improve the vision much more than what glasses alone would be able to achieve," says Stacey Schmidt, a contact lens fitting optician with Family Vision Clinic.

Contact lenses come in many shapes and sizes and are available in both hard and soft materials with varied wear schedules.

Soft contact lenses are the most commonly prescribed type and come in monthly, biweekly or daily disposable wear options. Daily disposable contact lenses are one of the healthiest options because they do not require daily cleaning after they are worn. They often produce the greatest comfort as a fresh pair is inserted into the eye with each use.

Contact lenses are a great cosmetic option but should never be worn if eye irritation occurs.

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How-to

Stay rested while you fly

1. Try to get a good night's sleep the night before you fly. No hangovers allowed.
2. Speaking of which, alcohol just tends to make an inflight nap more fitful.
3. While checking in online, look for seats closer to the front than where you're assigned, as it's generally quieter there than in the back, behind the jets.
4. Check to see if seats in the emergency exit row are available. Tall people usually scoop them up quickly.
5. Visit seatguru.com to research the best seats on your particular plane.
6. If you're on an overnighter, there's no shame in popping a sleep aid. Don't forget the Gravol and the earplugs.

DOUG WALLACE/METRO

Deal

B.C. ski discount

Sun Peaks Resort, just north of Kamloops, B.C., is offering a pre-season deal of three days' skiing and three nights for the price of two — with no blackouts, even on weekends. This 3-for-2 Ski + Stay bargain must be booked by Nov. 15 for stays from Jan. 1 to April 6. This is a great resort for families, and it has just added two new alpine zones, making it the second largest ski region in Canada after Whistler Blackcomb. Visit SunPeaksResort.com.

TEXT: DOUG WALLACE, PHOTO: SUN PEAKS/ADAM STEIN



Trend

BYOFood

Inflight meal service was originally a way to keep passengers entertained during the long (pre-jet) flights. Nowadays, we have actual entertainment to keep us occupied and food service has become more of a bother to airlines, not to mention less tasty for us. Outfits like AirTran and Spirit don't really offer anything. Though international flights generally include a meal, never assume there's going to be something to eat on your flight. Grab something in the departure lounge or bring gourmet snacks from home. TEXT: DOUG WALLACE, PHOTO: ISTOCK



3 T I M E



George Lucas
GETTY IMAGES

Why George Lucas chose Chicago to host his museum

George Lucas is filling in some details on his planned art and movie memorabilia museum, including how the California native settled on Chicago as a location over San Francisco. It was his wife's idea. The Star Wars creator told the Chicago Ideas Week forum on Friday that wife Mellody Hobson, a Chicago native and prominent businesswoman, had enough after four years of what he described as "doodling around" by San Francisco. "Don't worry. I'll talk to the mayor. I'm sure he'll love it," she told him, according to Lucas. And she was right. Mayor Rahm Emanuel has publicly embraced the idea, and the Lucas Museum of Narrative Art is set to take its place in the Museum Campus on the city's lakefront. The filmmaker announced in June that he had picked Chicago. At the forum this week, he also discussed what the museum will look like. "It's going to be organic architecture, connected to the ground. And it will look like a living thing," he said in conversation with interviewer Charlie Rose at the Cadillac Palace Theater. Lucas wants a showcase for his collection of popular art, including illustrations by Norman Rockwell, Maxfield Parrish and N.C. Wyeth as well as works by Lucas's visual effects company, Industrial Light and Magic, and other companies. THE ASSOCIATED PRESS

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The amount Lucas has reportedly pledged to build and maintain the museum, which will feature art linked to film and digital media, as well as a theatre that will screen films and host lectures and workshops. The city will provide the land for the facility.

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Gin up! This oft-overlooked spirit is gaining popularity

DOUG WALLACE
life@metronews.ca

Look out, vodka! Gin is closing in, enjoying a resurgence of late as it appears on cocktail menus across the globe. But what makes for a quality spirit when gin o'clock rolls around? Sam Carter, senior ambassador for Bombay Sapphire at their new distillery at Laverstoke Mill in Hampshire, England, says that the difference between cheap gin and good gin is all in the production process.

"Cheaper gin tends to be cold compounded, whereby the botanicals that give this gin its flavour are cold-steeped in the grain neutral spirit (GNS), then diluted with water to bottling strength," he says.

Then, there are the distilled gins, which go through the distillation process. Makers are allowed to add "nature identical" flavours after distillation, such as flavour essences which may contain colour, making the gin less pure.

The best and generally most expensive gins tend to be London Dry. They don't have to be made in London; this is simply a style of gin. These must be distilled with no artificial flavours



The botanical room at the Bombay distillery in England. DOUG WALLACE/METRO

added afterward.

"This is the mark of a quality gin brand," says Carter. "All our Bombay gins are London Dry, but also single-fold gins," Carter adds.

"This means only water is added after the distillation process, to take the resulting spirit to bottling strength."

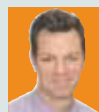
Other gins can be created from a concentrate of spirit and botanicals, where more grain neutral

spirit is added after distillation, along with the water. This lets the distillers make more gin within a shorter period of time. But Carter says the single-fold process gives you a more integrated gin. "You can taste all of the botanicals."

Bartenders worth their salt know that nicer gin makes the best cocktails — and they pass that knowledge along to your discerning palate.

Winter travel

Tips to ensure your cruise is all smooth sailing



ON THE
MOVE
Loren Christie
life@metronews.ca

Considering a cruise holiday this winter? Costs vary widely depending on the type of trip you are booking but plan on spending at least \$175 per person per day including taxes. And with prices on the rise and limited last-minute offers expected, now is the time to book. Here are some other details to consider before you set sail.

Larger cruise ships may have a seemingly unlimited number of bells and whistles, but with them come the crowds. Be prepared to share your holiday with thousands of other vacationers. Royal Caribbean's Quantum of the Seas, embarking on its inaugural voyage next month, will be the latest to hit the waves.



Plan to spend about \$175 per person per day on a cruise. iSTOCK

Unique features include a sky-dive simulator, bumper cars and indoor staterooms with a virtual sea view; no window but outdoor images broadcast on your wall. The ship's North Star is a jewel-shaped pod that extends above the ship and out over the water offering a unique vantage point for photographers.

Cruise lines such as Windstar and Paul Gauguin have smaller ships in their fleet. They may offer less in terms of on-board amenities than the larger ships but with the decrease in size comes the ability to enter smaller ports and offer unique experiences. Last December the Louis Cristal began offering a seven-night sailing that circumnavigates

the island of Cuba. This well-priced cruise is perfect for people looking for a mix of sun and culture.

Before booking know the on-board culture of your ship and pick a cruise line that suits your style. While Royal Caribbean targets active travellers with on-board basketball courts, rock-climbing walls and zip lines, Oceania has found its niche with taste-makers and foodies. Disney's teen clubs, family-themed shows and nurseries are great for family fun. Crystal Cruises is a high-end experience; not as formal as Cunard but with the same first-class service. If you are looking for Vegas on the waves, check out Carnival Cruise Lines.

The most haunted places in Canada

When it comes to getting scared, Canada has an abundance of eerie historical locales that draw thousands of sightseers seeking the spirit world. With the aid of a few haunted tour guides, here's a look at highlights of the most paranormal places in Canada.

STEVE GOW
life@metronews.ca

Salmagundi West, Vancouver

History: A cluttered, quaint antique shop, this flatiron building dates back to the 19th Century. A local medium has reportedly seen a spirit — presumed to be the ghost of a former owner's husband — walking through the store after-hours.

Eyewitness account: "The owner Anne has told me of strange cold spots in the store — even on hot days," said Will Woods of Forbidden Vancouver Tours. "I've experienced this once myself..."



COURTESY: GEORGE LAWSON

Ottawa Jail Hostel

History: Now a traveller's hostel, this was Ottawa's central jail for over a century and the infamous site of the 1869 public hanging of Patrick Whelan for the assassination of politician Thomas D'arcy McGee.

Eyewitness account: "People have reported that they've woken up in the middle of the night to somebody standing at the foot of their bed reading what appears to be a Bible," said Stephanie Robinson of Ottawa Haunted Walk. "The man often matches the description of Patrick Whelan."



COURTESY: OTTAWA JAIL HOSTEL

Princess Theatre, Edmonton

History: Constructed in 1915, this three-storey movie house accommodates the apparition of a jilted bride, who hovers above the projection room. It's said the sound of her unborn baby cries loud enough to disrupt movies.

Eyewitness account: "The Princess Theatre never shied away from the fact that they have a ghost," admitted Nadine Bailey of Edmonton Ghost Tours. "I get two or three emails a month from people that work there telling me their own personal stories."



COURTESY: EDMONTON GHOST TOURS

St. Boniface Museum, Winnipeg

History: The first hospital to open in Western Canada during the mid-1800s, this museum has experienced such paranormal sightings as phantom nuns, priests and patients parading its hallways.

Eyewitness account: "We've had objects move; I've had people faint," said Kristen Verin-Treusch of Muddy Waters Tours. "We've smelled certain things and I've gotten to know the ghosts well enough that I can connect which smell goes with which ghost now."



COURTESY: MUDDY WATERS TOURS

Bucket list



Antarctic cruise

Antarctica may sound more than a little out of the way, but a luxury cruise through the islands of the Antarctic Peninsula will deliver the trip of a lifetime, with plenty of big-sky, bucket-list adventures and phenomenal photo ops. The journey begins at the southernmost tip of Argentina in Ushuaia, which calls itself "the city at the end of the world." No, there are no polar bears — they're in the Arctic. No, it's not minus 40; it's more like minus two in the summertime. Have close encounters with penguins, lazy seals, regal birds and, if you're lucky, the odd whale or two. Zipping through icy bays on pontoon boats, hiking up glacial hills, kayaking or overnight camping, there's plenty of action — not to mention the notorious crossing of the Drake Passage. Visit QuarkExpeditions.com.

TEXT: DOUG WALLACE,
PHOTO: TIM STEWART

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Move aside, traditional pie crust



This recipe makes six servings. EMILY RICHARDS

Fennel Scrunch Meat Pie. This dish uses phyllo crust to offer a delicate topping that enhances the flavours contained underneath



DINNER EXPRESS
Emily Richards
food@metronews.ca

During the fall entertaining season, if you have a smaller family, you may want a smaller amount of protein to serve to your guests.

This meat pie offers up that option while including everyone's favourite Greek influences in the flavours. It is also a great weeknight dinner choice for your family.

Most traditional meat pies have a pastry crust but this version has a light, crisp phyllo crust that is uniquely shaped by

scrunching up the phyllo to put it on top of the pie. Its delicate texture enhances the tasty meat filling.

You can do this for fruit pies as well, as long as the filling is cooked inside.

If you want to make this dinner pie ahead of time, simply make the filling and place it in the pie plate.

When you are ready to finish it off, take it out of the refrigerator and top it with the phyllo to bake.

You can also try making mini versions of this dish in small ramekins and cut the phyllo sheets in half to top them.

This creamy and delicious dinner pie will surprise everyone at the table.

1. In a large nonstick skillet heat the extra virgin oil over medium high heat. Add fennel, green onions, garlic and fennel seeds, season with salt and pepper then cook for about 5 minutes or until they are softened.

2. Add the ground turkey,

Ingredients

- 2 tbsp (30 ml) extra virgin olive oil
- Half fennel bulb, chopped
- 6 green onions, chopped
- 4 cloves garlic, minced
- 1 tsp (5 ml) fennel seeds, crushed
- 1/4 tsp (1 ml) each salt and pepper
- 1 lb (454 g) lean ground turkey, chicken or veal
- 4 cups (1 l) baby spinach, chopped
- 1 cup (250 ml) 35% whipping cream
- 1/2 cup (125 ml) seasoned bread crumbs
- 3/4 cup (175 ml) crumbled Greek feta cheese
- 6 sheets phyllo pastry
- 1/3 cup (75 ml) butter, melted

chicken or veal and cook, breaking up meat for about 8 minutes or until no longer pink. Add the baby spinach and cook for 3 minutes or until it is wilted.

3. Add the whipping cream and bring to a boil, simmer stirring occasionally for about 5 minutes or until most of the cream is absorbed. Stir in the seasoned bread crumbs until the mixture is well combined. Scrape everything into a 10-inch (25 cm) pie plate. Sprinkle with the crumbled

feta cheese.

4. Lay 1 sheet of phyllo out on a work surface and brush it with butter. Gently crumple it up and place on top of pie, starting at one edge. Repeat with remaining phyllo sheets to cover the top of the pie.

5. Bake the Fennel Scrunch Meat Pie in a 425 F oven for about 12 minutes or until phyllo is golden brown and filling is bubbly. Serve it with a Greek salad to complete this Greek-inspired dish.

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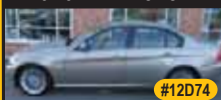


#12D30

65kms

WAS \$12,950
SALE \$9,682

2010 BMW 328X1

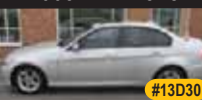


#12D74

AWD/Premium/Exec./Nav Pkg/47kms

WAS \$29,950
SALE \$25,876

2009 BMW 328i



#13D30

Loaded/Premium Pkg/62kms

WAS \$22,750
SALE \$19,933

2011 BMW 323i

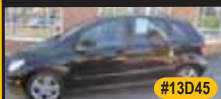


#13D40

Loaded/49kms

WAS \$24,650
SALE \$21,230

2011 Mercedes B200

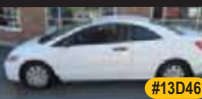


#13D45

Loaded / 25kms

WAS \$21,750
SALE \$19,950

2011 Civic CR-Z

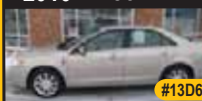


#13D46

Hybrid/Loaded/27kms

WAS \$19,750
SALE \$18,691

2010 Lincoln MKZ

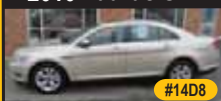


#13D65

Loaded/Leather/32kms

WAS \$19,975
SALE \$18,311

2010 Taurus SEL

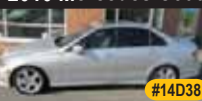


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Mustard elevates veg pie



This Dijon Tomato and Sweet Onion Pie recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. Heat the oven to 350 F. Bake the pie shell until lightly golden, about 15 minutes. Remove from the oven and set aside to cool. Leave the oven on.

2. While pie shell bakes, thinly slice onion and tomatoes. Arrange tomato slices on paper towels to absorb moisture.

3. In a medium bowl, mix together both cheeses, the mayonnaise, both mustards and a generous pinch of pepper. The mixture should be thick, but spread easily.

4. Spread thin layer of cheese mix over bottom of pie shell. Top mix with half of onion slices, then half of tomato slices, followed by remaining onions, then remaining tomatoes. Spread the rest of the cheese mixture over the tomatoes. Bake until browned and bubbly, 40 to 45 minutes.

5. Remove the pie from the oven and let rest for 10 minutes. Cut into slices, then top each serving with some of the basil. **THE ASSOCIATED PRESS/ ELIZABETH KARMEL, AUTHOR OF PIZ-**

Ingredients

- 9-inch raw pie shell, fitted in pan
- 1 small sweet onion
- 3 to 4 small heirloom tomatoes
- 1 1/4 cups each grated sharp cheddar and Gruyere cheese
- 2/3 cup mayonnaise
- 1 tbsp each whole-grain Dijon and smooth Dijon mustard
- Ground black pepper
- 1 small bunch fresh basil (about 10 leaves), thinly sliced

ZA ON THE GRILL

The makings of a masterful mogul: Are you built to be a business owner?

Career. Do you possess the qualities that can take an entrepreneur to the next level?

LAUREN MARINIGH
TalentEgg.ca

Entrepreneurship calls for a range of abilities that don't always come naturally.

That's one reason some people find the prospect of starting their own business intimidating. It's also why many of those who pursue that path find themselves struggling to succeed.

It's important to remember that launching a startup is not just a career choice — it's a life choice. So how do you know whether you are cut out to be an entrepreneur before making the leap?

Passion

All great entrepreneurs are passionate: They live, breathe and eat their business idea.

Being passionate about your business will drive your success. If you aren't committed to what you are selling or doing, how do you expect anyone else to be?

Success in any career path usually calls for commitment, but entrepreneurship means taking it to the next level. You'll need to be ready to give 110 per cent — and maybe re-evaluate what that means.

Open-mindedness

A top asset in life and work, open-mindedness is a must-have in a new entrepreneur's



toolbox. In order to grow any business into a successful one, you are going to have to be open to critiques from your customers, other entrepreneurs and mentors. These people can offer the most valuable advice and lessons that can move your business forward.

Open-mindedness can also help you implement changes or fine tune things without getting bogged down by your own preferences, helping you focus on what is most likely to drive success.

Closed-minded entrepreneurs will struggle to improve and may not find room to

grow and flourish.

Time management

Entrepreneurship is not a typical nine-to-five job. You'll need to be ready to work long hours, often juggling multiple projects, particularly during high-growth periods or periods of high demand.

Self-starter

Entrepreneurs cannot just sit back and wait for success to find them.

- The most important stage of the entrepreneurship process (getting things off the ground) will test your self-starting abilities to the max, but you'll also need to deploy this skill throughout your career as an entrepreneur.
- You must be a self-starter in order to achieve long-term success. Self-starters don't depend on others needlessly. They know that in order to succeed, they will have to make and reach their goals on their own.
- Entrepreneurship takes determination and commitment, and someone who doesn't have the drive to accomplish that on their own may not be the best candidate for starting their own business.

So when do I sleep?

You'll need to be ready to work long hours, often juggling multiple projects, particularly during high-growth periods or periods of high demand.

Many entrepreneurs have other professional obligations which can add extra time constraints, including part- or full-time employment. Using your time efficiently will allow you to accomplish much more. Time management skills will contribute to the success of your business as it's easy to lose track of priorities, which can compromise key aspects of your business.

Leadership

Don't think of an entrepreneur as a lone wolf. As your operations grow, you'll need to lead a team and connect them with your passion for the business — a challenge that demands the ability to

build rapport and keep everyone focused on specific goals.

Leadership also calls for accountability.

As you set expectations and goals for your team, you'll have to be ready to show that you hold yourself accountable for overall success and accept your position as a key motivator.

Being a leader will not only benefit your staff in the long run; the confidence and competence that a leader possesses will be beneficial in all aspects of your business.

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The Giants' Hunter Pence watches his two-run home run leave the yard during Game 1 of the World Series against the Royals on Tuesday night. ROBB CARR/GETTY IMAGES

Giants play party poopers in K.C.

World Series. Shields gets rocked early as Bumgarner keeps the Royals' bats at bay

Madison Bumgarner and the San Francisco Giants put a sudden stop to the Kansas City Royals' perfect post-season roll.

Bumgarner pitched shut-out ball into the seventh inning, Hunter Pence homered early and the Giants showed

Game 1	
7	1
Giants	Royals

off their October poise, shutting down the Royals 7-1 Tuesday night in the World Series opener.

From the get-go, the Giants simply did everything right

to win their seventh straight World Series game. There's a reason Bumgarner and these guys in black and orange are trying for their third title in five years.

The Royals, meanwhile, looked nothing like the fresh team that had become baseball's darlings by starting the playoffs with eight wins in a row — pitching, hitting and fielding all deserted them.

The fates seemed to change from the very first batter, in fact. Gregor Blanco led off with a soft line drive

to centre-field and AL Championship Series MVP Lorenzo Cain charged, then backed off as the ball fell for a single. It would've taken a near miracle to catch it, but that's the kind of play the Royals had been making on a routine basis.

Moments later, Pence's homer highlighted a three-run burst in the first inning against James Shields. Nicknamed "Big Game James," he once again failed to live up to that billing and left in the fourth when the Giants made it 5-0. **THE ASSOCIATED PRESS**

Drouin records first NHL point in Bolts' win



The Lightning's J.T. Brown, right, checks the Flames' Josh Jooris on Tuesday in Calgary. JEFF MCINTOSH/THE CANADIAN PRESS

Ondrej Palat scored the winning goal three minutes into overtime Tuesday night as the Tampa Bay Lightning staged a late rally to beat the Calgary Flames 2-1.

The Lightning trailed 1-0 before finally solving Flames goaltender Karri Ramo with 2:16 left in the third period.

Jonathan Drouin got the puck in the corner and calmly zipped a diagonal pass to Jason Garrison at the far point. Ramo got a piece of Garrison's slapshot but with the puck trickling towards the open net, Valtteri Filppula knocked

On Tuesday	
2	1
Lightning	Flames

it in the rest of the way.

The assist was Drouin's first NHL point. The former Halifax Moosehead made his NHL debut on Monday night in a 3-2 loss to the Edmonton Oilers. **THE CANADIAN PRESS**

NBL Canada

Rainmen sign versatile Watson

The Halifax Rainmen continue to bolster their roster.

This time the National Basketball League of Canada franchise has added six-foot-five, 255-pound guard and forward Tyrone Watson of Hamilton, Ont.

Watson most recently played for New Mexico State University, where he averaged 10.3 points and five rebounds per game.

"Tyrone is an extremely physical player," Rainmen owner and president Andre Levingston said in a news release. "He can also play three positions, so this gives us some versatility."

Watson was suspended from his college team during his senior year due to legal troubles. He was charged with aggravated battery after assaulting a fellow student at a party. He received a deferred sentence and 18 months probation.

Watson was expected to join the team Tuesday.

The Rainmen also released three players from training camp Tuesday: Courtney Beach, Brendan Cooper and Steve Pledger.

The Rainmen hit the court for an exhibition game on the road against this Moncton Miracles this Saturday.

KRISTEN LIPSCOMBE/METRO

AUS hockey

Huskies, Tigers to rekindle rivalry

A couple of Halifax's biggest hockey rivalries are back on the ice Wednesday night.

In men's hockey, the Dalhousie Tigers host the Saint Mary's Huskies at the Halifax Forum.

Saint Mary's is currently in fourth place in the AUS with two wins and an overtime loss, while Dalhousie sits in seventh place with three straight losses.

In women's hockey, the Huskies host the Tigers at Alumni Arena.

The black and gold are in second place in the AUS with one win and one loss, while the maroon and white are in fourth place, also with one win and one loss, but with fewer goals for and more goals against.

The puck drops on both games at 7 p.m.

KRISTEN LIPSCOMBE/METRO



Woz's win a cause for concern for Sharapova

Caroline Wozniacki won 7-6 (4), 6-7 (5), 6-2 in the WTA Finals on Tuesday in Singapore, beating Maria Sharapova for the second-straight time — having also won in the fourth round of the U.S. Open. The result in the round-robin match dealt a major blow to Sharapova's hopes of claiming the year-end No. 1 ranking. Sharapova now needs to at least reach the final in Singapore and hope Serena Williams loses her two remaining group matches if she is to overtake the American and finish the season with the top ranking for the first time. In Tuesday's other match, Agnieszka Radwanska had a comfortable 6-2, 6-3 win over Wimbledon champion Petra Kvitová. CLIVE BRUNSKILL/GETTY IMAGES

Roma falls under siege of Bayern

Shades of Brazil.

Munich has scored 13 goals in last two games after laying 7-1 beat down on AS Roma

Arjen Robben scored twice as Bayern Munich routed Roma 7-1 on Tuesday for a club-record away win in the Champions League, showing the German club is once again among the favourites to take the title.

Having taken target practice in a 6-0 rout of Werder Bremen at the weekend, it was more of the same from Bayern early on at the Stadio Olimpico with five goals in the first half.

Robben put the 2013 champion ahead nine minutes in with an expertly curled shot from a tough angle, before Germany's World Cup hero Mario Goetze doubled the lead in the 23rd and Robert Lewandowski made it 3-0 in the 25th.

Again taking advantage



Bayern Munich celebrates after Arjen Robben's opening goal in Tuesday's Champions League match against AS Roma in Rome.
Scan the image with your Metro News app for the rest of the day's results. GIUSEPPE BELLINI/GETTY IMAGES

of poor defence from Ashley Cole, Robben scored his second goal on the half-hour and then Thomas Mueller added a penalty in the 35th after Kostas Manolas was whistled for a handball at the edge of the area.

Gervinho pulled one back

for Roma in the 66th, 10 minutes after hitting the post, but then substitutes Franck Ribery and Xherdan Shaqiri added more goals for Bayern.

Bayern's previous biggest away win in the Champions League was a 5-0 win at Sport-

Outclassed

"Tonight they were better than us. We were spectators."

Roma coach Rudi Garcia



ing Lisbon in the first knockout round in 2009. It matched Roma's heaviest defeat, a 7-1 loss at Manchester United in the 2007 quarter-finals.

"This is a fluke," Bayern coach Josep Guardiola said. "It's not normal to win 7-1."

But Bayern is starting to look like the Barcelona squad that Guardiola coached to two Champions League titles. The Spaniard took over Bayern last season and saw his club lose 5-0 on aggregate to Real Madrid in the semifinals.

Bayern has nine points atop Group E, five clear of Roma.

THE ASSOCIATED PRESS

NHL. Hunter leaves family comfort of Knights for big-league challenge in T.O.

Mark Hunter is leaving the junior-hockey empire he helped build with the London Knights to join an NHL empire with the Toronto Maple Leafs.

Hunter was named the Maple Leafs' director of player personnel on Tuesday. He will oversee the team's pro and amateur scouting and player-evaluation departments.

For the past 14 years, the Petrolia, Ont., native co-owned the Knights of the Ontario Hockey League with brother Dale and served as vice-president and general manager. Mark Hunter briefly filled in as coach when his brother joined the Washing-

Quoted

"You really have to evaluate where they're going to go and how much they're driven and how good their skills are."

Mark Hunter, the Maple Leafs' new director of player personnel



ton Capitals for the majority of the 2011-12 season.

THE CANADIAN PRESS

NBA

Durant already antsy after surgery

Thunder forward Kevin Durant says he has been antsy since finding out he will miss the early part of the season with a broken bone in his right foot.

The reigning MVP spoke to the media Tuesday for the first time since the injury. He had surgery on Oct. 16 and will be re-evaluated in about five weeks. He rolled into the media session on a scooter with the lower half of his right leg in a cast.

Durant says he's never had surgery, so he doesn't know how he will respond to it. THE ASSOCIATED PRESS

Michael Sam

Cowboys release openly gay player

Michael Sam will have to wait for a third team to give the NFL's first openly gay player a chance to appear in a regular-season game.

The Dallas Cowboys released Sam from the practice squad Tuesday, dropping the rush end as they prepare for several potential reinforcements to return to the defensive line.

Sam spent seven weeks with the Cowboys after joining their practice squad Sept. 3, four days after he was among the final cuts by the St. Louis Rams at the end of the preseason.

THE ASSOCIATED PRESS

NFL. Manning quickly shifts focus to San Diego

No more fun and games for Peyton Manning.

OK, it was "hat day" for the Denver Broncos, who didn't don helmets or pads at practice Tuesday. Still, the new record-holder for most career touchdown passes made it clear he has put his historic Sunday night performance against San Francisco behind him.

That's because Philip Rivers and the San Diego Chargers (5-2) are making another Thursday night visit to Sports Authority Field.

"It's a short week and we've got to shift our focus to a really good team that we're very familiar with," Manning said. "As much as you're happy about winning, you have to put it behind you and move on."

THE ASSOCIATED PRESS



Peyton Manning threw for four touchdowns against the 49ers on Sunday, taking his career total to 510 after breaking Brett Favre's record of 508. GETTY IMAGES

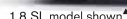


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2015 Kia Forte5

- **Type.** Four-door, 5-passenger compact hatchback
- **Engines.** 2.0-litre four-cylinder (173 hp); 1.6-litre turbocharged four (201)
- **Transmissions.** Six-speed manual or automatic
- **Base price.** \$19,495 base, \$28,795 as-tested

Market position

Although it shares platforms and engineering with parent company Hyundai, Kia is becoming more of a performance brand, adding turbo power to some of its models, along with new styling under the direction of former Audi designer Peter Schreyer.

Points

- The Forte has three configurations: the four-door Forte sedan, the Forte5 hatchback, and the two-door Forte Koup.
- You get a lot of features in the SX model, but there's a lot of hard plastic, so it doesn't always look as high-end as you'd expect.
- Kia's warranty covers almost everything for five years or 100,000 km.



The interior has an upgraded instrument cluster.

Interesting features

Heated front seats, wiper de-icer, cruise control, and Bluetooth on all models; available navigation, backup camera, heated rear seats, HID headlights, leather seats, and heated steering wheel.

Fast and fun without the harsh

Review. Sharp-looking hatchback is tuned for sportiness but still fuel-efficient and comfortable to drive

JIL MCINTOSH
drive@metronews.ca

Although Kia initially entered the Canadian market by focusing almost exclusively on price, it now has added performance and styling to the list, even on its compact Forte models.

Redesigned in 2014, the Forte5 hatchback now includes a turbocharged 1.6-litre four-cylinder engine in its top SX trim line, the model I tested. The base engine is a 2.0-litre four-cylinder that makes 173 horsepower, while the turbo model spins out 201 horses.

You can get both engines with a six-speed manual transmission, but mine was a six-speed automatic.

Pricing for the 2015 models starts at \$19,495 for the LX+, while the SX starts at \$24,195 and rises to \$28,795 for the fully loaded package.

The Forte5 has morphed from a relatively plain car into



PHOTOS: JIL MCINTOSH

a sharp-looking model, with its tiger-shark grille, flared wheel arches and upswept body lines.

Inside, the redesigned interior features an upgraded instrument cluster, a new steering wheel, and numerous cubbies for small-item storage, including a covered bin where you can plug in and hide your electronics.

Heated front seats are standard on all models, and the SX Luxury adds heated rear

seats and a driver's seat that's also cooled. Unfortunately, the front-seat passenger doesn't get one as well.

The rear seats fold flat for extra cargo space, and there are more hidden storage bins under the cargo floor.

The turbo Forte5 is fast and fun to pilot, but it feels more like a daily driver that's quick on its feet, rather than a harsh sports model that could get tiring after a while.

The suspension is sport-tuned but still comfortable, although I'd like to get a little more steering feel from the wheel.

It runs on regular-grade gasoline, and I averaged 8.7 L/100 km in my week with it.

Not everyone will need the turbo's power, so the 2.0-litre should be enough for many drivers, and at a lower price. Be sure to test drive both if the Forte5 is on your list.

Compare



1 Hyundai Elantra GT
Base price: \$18,449
The Elantra GT is the Forte5's sibling, but it comes with only the 2.0-litre engine — not the turbocharged option.



2 Mazda3 Sport
Base price: \$16,995
"Sport" means it's a hatchback, but it's also sporty and sharp-handling, with a choice of two engines.



3 Ford Focus Hatchback
Base price: \$19,699
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6 Nicki Minaj Anaconda

5 Shawn Mendes Life of the Party

4 Nick Jonas Jealous

3 Jessie J, Ariana Grande & Nicki Minaj Bang Bang

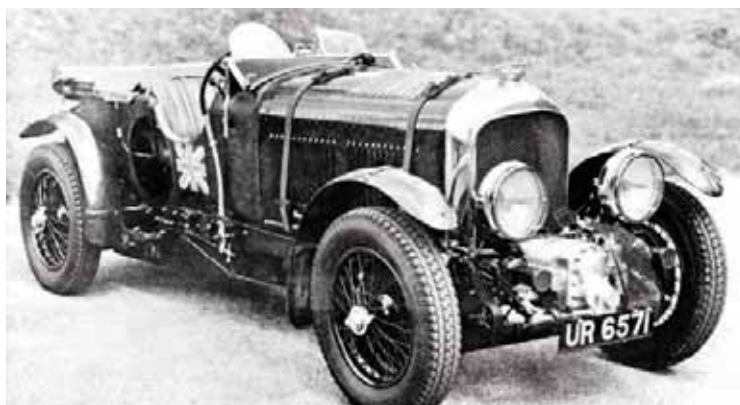
2 Jeremih ft YG Don't Tell 'em

1 Taylor Swift Shake It Off

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5 DRIVE



The 1927 to 1931 Bentley 4-1/2-litre was the first car attached to the Bond legend. The pictured model is in full race trim. BENTLEY

James Bond's first sports car didn't exist

We've still got a few bugs to work out :)

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Autopilot. Bentley in *Casino Royale* had the wrong model year until author corrected his error in *Moonraker*



AUTO PILOT
Mike Goetz
drive@metronews.ca

The first mention of James Bond driving any kind of car occurs in chapter five of *Casino Royale*, the first of Ian Fleming's 14 Bond novels.

"Bond's car was his only personal hobby. One of the last of the 4-1/2-litre Bentleys with the supercharger by Amherst Villiers, he had bought it almost new in 1933 and had kept it in careful storage through the war. It was still serviced every year and, in London, a former Bentley mechanic, who worked in a garage near Bond's Chelsea flat, tended it with jealous care. Bond drove it well and with an almost sensual pleasure. It was a battleship-grey convertible coupe, which really did convert, and was capable of touring at ninety, with thirty miles an hour in reserve."

"Ninety, with 30 miles an hour in reserve" is such a swell way to say the car tops out at 120 mph. The next time I get pulled over by a cop and he asks me how fast I was going, I'm going to say, "I had 57 kilometres per hour in reserve ... You figure it out."

But I guess the most intriguing thing about Bond driving a 1933-ish 4-1/2-litre Bentley is that the English automaker never made a 4-1/2-litre Bentley model after 1931.

Fleming continued the historical inaccuracy in the next novel, *Live and Let Live*, where he specifically refers to the car as a 1933 model.

But to his credit, he corrected the error in the next novel, *Moonraker*,

where Bond's ride suddenly became a 1930 4-1/2-litre Bentley. And to tidy things up even a bit further, Fleming did the sensible thing during that novel, and had the Bentley destroyed during a car chase sequence, so it could never be heard from again.

For the record, I think that's an area where film is so superior to literature as an art form. Whenever car chases and car crashes need to be conveyed, film always does that better, hands down.

The 4-1/2-litre Bentley is an iconic automobile, famous for its pre-war racing successes at Brooklands and Le Mans at the hands of England's famous Bentley Boys.

"The supercharger by Amherst Villiers," which the narrator describes, makes Bond's car even more special. Such a supercharged model came to be known as the Blower Bentley. (Blower is kind of slang for supercharger.)

The most famous of the Bentley Boys, Henry Birken, wanted to supercharge the car to get more power for racing, but W.O. Bentley didn't. Although Bentley didn't own the company anymore, he was still its chief engineer, and wouldn't allow the engine to be modified to accept the supercharger.

He did, however, acquiesce to its placement in front of the radiator grille, which ultimately gave the Blower Bentley its unique and instantly recognizable front-end look.

Ultimately, the Blower Bentleys weren't as successful racers as their naturally aspirated brethren, mostly because they weren't as reliable.

But, obviously, any Bentley 4-1/2-litre is a very manly and high-end machine, and a perfect fit for Special Agent 007.

It's also a perfect way to launch the intriguing relationships Bond has always had with great sporting cars.

Still chasing the King of Cool

Whether he was racing Porsches in LeMans, fleeing Nazis in Germany or tearing up the streets of San Francisco, Steve McQueen's silver-screen chase scenes remain legendary several decades after his death in 1980

STEVE GOW
drive@metronews.ca



1968 Mustang GT, Bullitt

The Film Role: Famous for its extended cop-and-robber chase scene through San Francisco, the Mustang steals the show.

"His character needed to have a car that was performance-orientated for the chase scenes," explains

Murray. "That's how they arrived at that '68 Fastback."

History: Only about 42,000 of these cars were made and about a third of those were the GT spec. The Fastback's 325-hp V8 engine helped make the Mustang the crown prince of the muscle-car market. **Murray:** "(Filmmakers)

completely outfitted them so that they could withstand the crazy jumping through the streets. One of them at the end of the movie had to be wrecked because it was totally unsafe." McQueen's son, Chad, retraced the San Francisco chase route in 2001, driving a replica 1968 GT (photo above).

Triumph TR6 motorcycle, The Great Escape



McQueen performed many of the stunts himself during the iconic motorcycle chase scene, but not the dramatic fence jump.

The Film Role: In the wartime drama, German soldiers chase McQueen across rolling fields in

this classic motorcycle (disguised as a German BMW R75), and he eventually jumps the bike over a barbed-wire fence. The actor did many of the stunts himself.

History: McQueen discovered the 1961 Triumph while attending the 1964 International Six Days Trials. It was built for quieter operation with a modified head angle and much-improved balance (which would've helped for jumping). **Murray:** "Steve influenced the idea of a motorcycle and the idea of a chase and a jump," says Murray. "Triumph did kind of an homage to that bike (and released) a thousand of those bikes."

I Am Steve McQueen. HBO documentary traces star's passion for speed

It's been said that film legend Steve McQueen couldn't decide if he was an actor who raced cars or a race-car driver who acted.

In fact, the movie star's love for racing was so well-documented that it's assumed the animated Cars character Lightning McQueen was named after the King of Cool.

"There's no question that if he could write (a car chase) into a script, that was

something he was passionate about," says film producer Derik Murray, who recently finished a documentary called I Am Steve McQueen.

Off-screen, McQueen owned an extensive collection of vehicles, ranging from Ferraris and Porsches to Mustangs and motorcycles.

With Murray's film premiering on HBO Canada Oct. 25, we take a look at the actor's most iconic onscreen vehicles.



Porsche 917, LeMans

The Film Role: McQueen's passion for racing led him to make 1971's LeMans — a film that aimed to accurately depict the 24-hour endurance race in France.

History: Designed specifically for victory at LeMans, the Porsche 917 had an air-cooled 12-cylinder engine and streamlined bodywork. It reached top speeds of more than 350 km/h.

Murray: "At one time, I heard that Jerry Seinfeld owned it," says Murray of the actual car from the movie. "(McQueen's son) Chad kept some of the vehicles but, for the most part, everything else was auctioned off."



Steve McQueen.



Steve McQueen and his Porsche 917 in the movie LeMans. Scan this photo with your Metro News app for a video on a McQueen documentary airing Oct. 25 on HBO Canada. ALL PHOTOS CONTRIBUTED

Shift: From hybrids, technology, new vehicles and the environment, to saving money at the pumps

Lamborghini hybrid bullish on power

The phrases “plug-in hybrid” and “bone-crushing power” aren’t typically found in the same sentence, notes website The Verge, but Lamborghini’s Asterion — which broke cover at the recent Paris Motor Show — could change that. With a 610-horsepower V10 engine derived from the Lamborghini Gallardo, paired with a 300-hp electric motor, the all-wheel-drive hybrid can be operated with the combined 910 horsepower, or be driven in pure electric mode, which delivers power to motors mounted in the front axle alone. With full power engaged, 100 km/h comes in three seconds, and top speed is about 320. In pure electric mode, the Asterion has a range of about 50 kilometres.

ALL STORIES AND PHOTOS FROM WHEELBASEMEDIA.COM



This Lamborghini hybrid uses the company's V10 engine and a 300-horsepower electric motor. It has a top speed of 320 km/h and a range of about 50 km in pure electric mode.

Nissan crosses a Leaf with a Frontier to make one really cool shop truck

Engineers at Nissan's Technical Centre in Stanfield, Ariz., have crossed the utility of a small pickup with a Leaf electric sedan to create an all-electric mini pickup that they use within the facility as a shop truck. Known in-house as Sparky, the one-of-a-kind project comes from the necessity-is-the-mother-of-invention school, says co-creator Roland Schellenberg, who needed a project for a team-building activity. They needed an in-house shop truck to drive around the 1,200-hectare facility, so with a Leaf sedan and the bed from a Frontier pickup, the team set out process of transformation. There are no plans for mass production.



The pickup bed of a Nissan Frontier has somehow been married with a Leaf electric car. The Franken-car is affectionately known as Sparky.

Shift points

- Electric-vehicle company GreenTech Automotive of Tunica, Miss., has raised \$47 million U.S. through 94 investors in a public filing, which is about \$13 million less than it set out to raise. The money will be used to start constructing two- and four-seat electric MyCars in an newly-completed plant in Tunica.
- The German government has announced incentives to drivers of plug-in cars as part of its goal to get 1 million of them on German roads by 2020. The cabinet backed a bill that would give electric-car drivers free parking and access to high-occupancy vehicle lanes.

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet dealer or call us at 1-800-GM-DRIVE. * Purchase price includes a cash credit of \$6,695 and applies to new 2015 MY Chevrolet Malibu LS models at participating dealers in Canada. Purchase price of \$19,995 excludes license, insurance, registration, dealer fees and taxes. † Offer valid to eligible retail lessees in Canada who have obtained credit approval by and entered into a lease agreement with GM Financial, and who accept delivery from October 1, 2014 through January 2, 2015 of a new 2015 MY Chevrolet Malibu model. General Motors of Canada will pay one month's lease payment or two bi-weekly lease payments as defined on the lease agreement (inclusive of taxes and any applicable pro-rata amount normally due on the lease) as a cash incentive to the lessee. Consumer may be required to pay Dealer Fees, Insurance, license, registration and applicable taxes not included. Additional conditions and limitations apply. ‡ Lease based on a purchase price of \$25,290 (including \$3,300 lease credit) for a 2015 MY Chevrolet Malibu LT. Bi-weekly payment is \$148 (includes freight and air tax) for 48 months at 0.5% APR for a total of 104 payments on approved credit to qualified retail customers by GM Financial. Annual kilometre limit of 20,000 km. \$0.16 per excess kilometre. \$0 down payment and a \$0 security deposit is required. Payment may vary depending on down payment and/or trade. Total obligation is \$15,392, plus applicable taxes. Option to purchase at lease end is \$10,292. Price and total obligation exclude license, insurance, registration, applicable provincial fees, taxes and optional equipment. Other lease options are available. †† Requires compatible mobile device, active OnStar service and data plan. ‡‡ The 2-year Scheduled Lube-Oil-Filter-Fluid Maintenance Program provides eligible customers in Canada, who have purchased, leased or financed a new eligible 2015 MY Chevrolet, Buick, or GMC vehicle (excluding Spark EV), with an AC Delco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 40,000 km, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM Dealers. Fluid top offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash. ‡‡‡ Students or recent graduates receive a Student Bonus credit of \$500 or \$750 (tax inclusive) (credit amount depends on vehicle purchased) to use towards the purchase or lease of one eligible new 2014/2015 MY Chevrolet, Buick, GMC or Cadillac vehicle delivered between October 1, 2014 and January 2, 2015. *††† Limited time offers that may not be combined with other offers and may change without notice. Dealers are free to set individual prices. Dealer trade may be required. GMCL (or RBC Royal Bank/TD Auto Financing Services/Scotiabank), where applicable, where applicable, where applicable. See your GM dealer or chevrolet.ca for details.

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Gunning for a sporty compromise

Victory Gunner. Bike combines power and agility with comfort

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BAECKER
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My mission, should I choose to accept it, contained words about security, keeping things top-secret and some other stealth lingo. After reading its entirety, I fully expected my email to self-destruct.

But I was off to Daytona Beach to test-ride the all-new 2015 Victory Gunner, which has a starting price of \$14,499.

The bike stood out for its stealth matte gun-metal looks and its sleek, smooth, design. The signature Victory tank smoothly flows into the frame, making the silhouette appear as one line. This edgy bobber has basic instruments and lighting, but detailed styling and ergonomics.

The looks are similar to the 2014 Victory Judge, but two

areas that came up short with that bike appear to be addressed on the Gunner — my reach is a perfect distance to the bars and my legs rest comfortably on the forward controls.

The Gunner has drag-style bars — wide and ideal for sweeping turns and touring comfort, but a bit of a stretch for tighter corners.

Riding without a shield is surprisingly effortless, perhaps due in part to the low seating position of 25 inches. The controls are forward enough to accommodate the longer-legged but not so far forward as to tilt the pelvis.

With only four inches of ground clearance, it is no wonder that the pegs come standard with scrape bars. Riding through traffic, my rubber-soled boots stuck to the pegs more than once.

As I made my way through the first half of the 6-speed transmission, the 106-cubic-inch V-twin delivered instant power.

In fourth and fifth gears, the power came later in the rpm. So much so that I did not feel



The test-ride continued back home in the Okanagan, on a Gunner equipped with a single exhaust pipe. MARISSA BAECKER

the need for sixth gear, as I was already doing 120 km/h and still had plenty of room. "You need to be flying at around 140 km/h to need sixth" one rider said.

This 1,731-cc powerhouse is

smooth with a telescopic front fork, although the rear shock is a little tougher over the bumps.

With beefy Dunlop tires, I expected to have to muscle the Gunner around somewhat, but was pleasantly surprised with

the agility of this 660-pound beast.

At higher speeds, the ride seemed to be much bouncier, but it was difficult to decipher whether the tires or the suspension was to blame.

The skyline was barely shrinking in my side mirrors when the phone in my pocket began to light up. I peeled off at the next exit and pulled over.

Apparently, my Gunner was late for a beauty pageant. A photo shoot had been scheduled and the one I was so comfortably enjoying had a few extra bells and whistles specifically installed for photographs. My mission was being recalled.

Back in B.C., a few days later, I found another Gunner at the local Victory dealership and arranged to take it for the afternoon to finish my review.

Opening up the throttle on Hwy. 97, I immediately noticed the roar of the pipes. I didn't remember the first Gunner having that aggressive attitude, so I took a closer look. This Gunner had Cobra two-into-one pipes in place of the stock dual exhaust. What a difference!

The 2015 Victory Gunner is the perfect bike for the aging sport rider who still wants the power and agility of a sport bike without compromising the comfort and longevity of a cruiser.



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Bigger is better for F-150 power plants

Second gear.

2009 to 2014
Ford F-150

JUSTIN
PRITCHARD
drive@metronews.ca

The new-for-2015 F-150 will be hitting dealer lots soon, meaning the 2009 to 2014 generation has just about transitioned into used-truck territory.

Shoppers will find plenty of selection, thanks to a model range that included several body styles, engines, drive-lines, trim grades, options packages and special-edition models.

Look for six- or eight-cylinder power, two- or four-wheel drive, and units equipped from work-truck grade to luxury towing rig.

Common Issues

Be sure to confirm that the electronic 4x4 system, if equipped, shifts into and out of each mode without warning lights or undue waiting. If you note any issues, further investigation is needed.

Many older models will need some degree of attention to the suspension system — and a mechanic can quickly ascertain its needs with the vehicle on a hoist.

While test-driving, listen for unwelcome popping, clunking or clicking sounds beneath the truck, which could indicate worn-out suspension parts.

Other checks should include confirming that the SYNC infotainment control system is working properly, as some owners have reported sporadic issues with the system stalling, lagging, crashing or just plain failing to boot.

Check the rear headliner for signs of a water leak at each corner.

Dampness, a smell of mildew or moisture staining indicate that water is leaking in around the rear glass, or, more likely, the high-mounted brake light, thanks to a bad seal.

Also, do not buy an EcoBoost-powered model without a full scan of the engine computer for stored trouble codes.



CONTRIBUTED

What owners like



F-150 owners tend to report positively on highway ride quality, cabin flexibility, all-terrain traction, advanced feature content (if equipped), generous storage space and plenty of performance from the larger engines.

What owners dislike



Common complaints include ride quality that deteriorates over rougher surfaces, and heavy fuel consumption in units with the older engines.

Engines



Engine options in 2009 were carry-overs: a 5.4-litre V8 with 320 hp, and a 4.6-L V8 with 248 or 292. From 2011 on, look for the new 3.7-L V6 with 302 hp, a 5-L V8 with 360, and a 6.2-L V8 with 411. The EcoBoost engine is a 3.5-L V6 with twin turbo, good for 365 hp and nearly as much torque as the 6.2-L V8.

The verdict

In any case, and especially with an EcoBoost model, a prepurchase inspection by a mechanic is strongly advised for maximum peace of mind. Note that many owners say the five-litre V8 hits the mark very well for power, reliability and efficiency.

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PROPERTY: ALL that certain parcel of land known as Lot 3B, Craigmore Drive, Halifax, Halifax County, Nova Scotia, also described as PID 40179202, and more fully described in Deed recorded at the Land Registry Office for Halifax County as Document No. 14658 in Book 6040 at Page 739. This parcel has not been registered pursuant to the *Land Registration Act*

A copy of the description of the property is on file at this office and may be inspected during business hours.

DATE OF SALE: Friday, November 7, 2014

TIME OF SALE: 12:00 o'clock noon local time

PLACE OF SALE: Sheriff's Office at The Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia B3J 1S7

TERMS: 10% deposit at the time of sale (payable by cash, certified cheque, or solicitor's trust cheque), remainder within 20 days upon delivery of deed.

Dated at Halifax, Nova Scotia, this ____ day of September, 2014.

DANIEL L. OULTON
Burchell MacDougall
29 Elm Avenue
Wolville, NS B4P 2A1
Phone: 902-542-4071
Facsimile: 902-542-5474
Solicitor for the Claimant

Sheriff in and for the County of Halifax

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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

You are being too negative about the future. What happens this week will encourage you to believe that what you have to look forward to outweighs what you have to fear.

♉ Taurus

April 21 - May 21

A little voice in the back of your head is telling you to get tough with someone who has taken one too many liberties in recent weeks. Listen to it.

♊ Gemini

May 22 - June 21

Any minor health worries you have must be dealt with over the next 48 hours. Most likely you have absolutely nothing to fear but it won't hurt to get a professional opinion.

♋ Cancer

June 22 - July 23

Many things in your life need to change and tomorrow's eclipse means this is the time to get serious about them. Identify your highest ideals and accept nothing less than perfection.

♌ Leo

July 24 - Aug. 23

If you take notice of the way certain people are acting it will be obvious what needs to be done to resolve whatever problems there are between you.

♍ Virgo

Aug. 24 - Sept. 23

You think you know everything about someone but what happens today and tomorrow will make you see there is more to them than meets the eye.

♎ Libra

Sept. 24 - Oct. 23

A loved one will ask for your assistance today. Think twice about giving it. Chances are they could quite easily resolve their own problems but are merely being lazy.

♏ Scorpio

Oct. 24 - Nov. 22

Tomorrow's solar eclipse in your sign will do wonders for your confidence and give you the courage to start something that could and should transform your existence. Be bold.

♐ Sagittarius

Nov. 23 - Dec. 21

Don't let people in positions of power intimidate you. You can be your own worst enemy at times, not least because you doubt that you have what it takes to compete and succeed at the highest level. But you do.

♑ Capricorn

Dec. 22 - Jan. 20

Let your imagination roam over the next few days. An idea that pops into your head may seem outrageous but you will realize there is no reason why it cannot be your reality.

♒ Aquarius

Jan. 21 - Feb. 19

This is the ideal time to remind an employer that you are on a higher level than most of your contemporaries. Don't let them overlook your many talents.

♓ Pisces

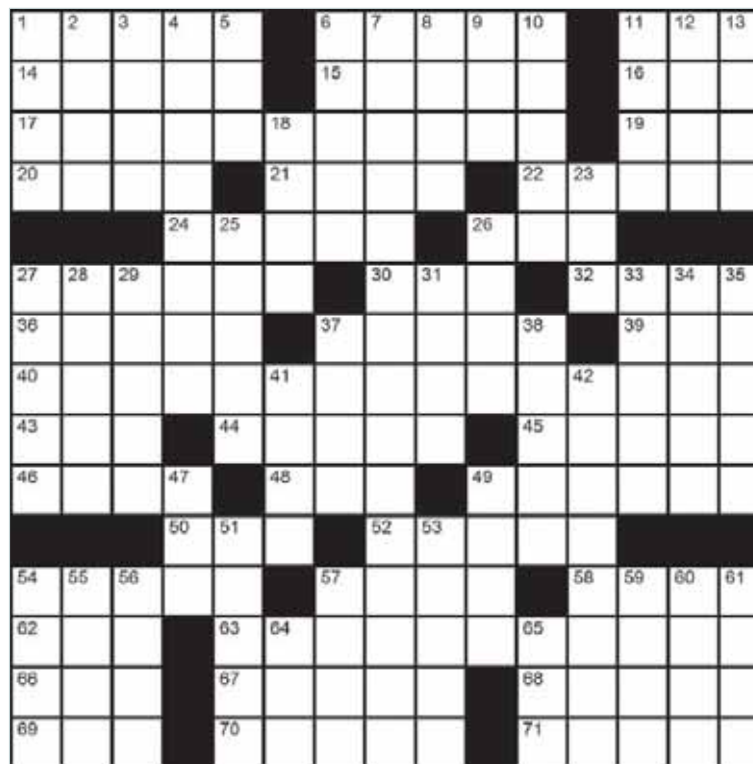
Feb. 20 - March 20

If you approach a long-standing problem from an unusual angle you will resolve it with ease.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Brit media personality Mr. Morgan
6. Silent film actress Ms. Normand
11. Li'l newspaper notices
14. Actress Ms. Dickinson
15. Related maternally
16. Mary's newsroom boss
17. The Band song: 2 wds.
19. Mister, in India
20. Pop
21. Parts on mugs
22. "U-571" (2000) vessel
24. 8th Greek letter
26. Music: LP letters
27. "Sunday Morning" anchor Charles
30. Fitting-here language
32. Lightbulb power unit
36. Bat cave fertilizer
37. "All joking ____"
39. Tip to 'doo'
40. Toronto-born filmmaker aka The Baron of Blood: 2 wds.
43. Midianite royal
44. Elevator's locale
45. North Pole's CEO
46. Ms. Leakes
48. The Jackson 5 hit
49. Swears
50. Frequently, in verse
52. Bonfire remnants
54. "____ Get Back" by



- Handsome Furs
57. Sports pad spot
58. Style icon Ms. Chanel
62. Garlic: French
63. Barenaked Ladies song about an American songwriter: 2 wds.

66. Possibilities
67. Basketball star, Rajon ____
68. New ____ (Capital of India)
69. Fasten
70. Rocker Mr. Winter
71. Underway

Down

1. Get through to the next level
2. "____ the Groove" by Madonna
3. "Blimey!"
4. Variety of pasta
5. "Come ____ About Me" by The Supremes

6. Warrant
7. Moose, beaver, polar bear, caribou, harp seal...: 3 wds.
8. Suitcases
9. Shakespearean suffix
10. Abate: 2 wds.
11. Additionally

12. "____ the Explorer"
13. Office outfit
18. Mr. Flintstone
23. Posh car
25. Parts of kangaroo jackets
26. Went by bike
27. Calgary neighbourhood
28. Debonair
29. Mr. MacLeod of "The Love Boat"
31. Northern Pikes tune: "She ____ Pretty"
33. Mountain ____ (Northwest Territories flower emblem)
34. Dessert selection
35. Ancient Rome garbs
37. 'A' of UAE
38. Happen as a result
41. Talk
42. Symbol on a music staff: 2 wds.
47. Time type
49. Daytime food/chat show, "The ____"
51. Roughage
53. Mister: Spanish
54. Work at Mel's Diner
55. ____ (Sound system)
56. "Nothing ____ Matters" by Bif Naked
57. Throne guy
59. Norwegian city
60. ____ salmon
61. "Get Down ____" by Kool & The Gang: 2 wds.
64. Mr. Stewart
65. Ms. Lupino

Yesterday's Crossword



Online

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metronews.ca/answers



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How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

7	8	9	5	3	2	1	4	6
2	6	3	1	4	7	9	5	8
4	1	5	8	6	9	7	3	2
5	9	6	7	2	8	3	1	4
8	4	7	3	1	5	6	2	9
3	2	1	6	9	4	8	7	5
9	7	2	4	8	3	5	6	1
1	5	4	9	7	6	2	8	3
6	3	8	2	5	1	4	9	7

3							6	
5				2		7	8	
					3		5	7
1	8	2			4			
		5				4		
				7			2	1
2	7			5				
		3	9		6			1
	6							3

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